

JANUARY		FEBRUARY		MARCH		APRIL	
<b>Anatomy in Motion</b> Jan 19 (Fri, 1-7pm)	<b>Post-Rehab Protocols: Spine</b> Feb 3, 4 (Sat-Sun, 1-7pm)	<b>Towards a Healthy Pelvic Floor</b> Mar 1 (Thur, 5-8pm)	<b>Anatomy in Motion</b> Apr 6 (Fri, 1-7pm)	<b>Pilates Level 1: Mat Module 1</b> Jan 26, 27, 28 (Fri-Sun, 1-7pm)	<b>Pilates Level 1: Mat Module 2</b> Feb 9, 10, 11 (Fri-Sun, 1-7pm)	<b>NEW Post-Natal and Abdominal Reconditioning</b> Mar 2 (Fri, 1-4pm)	<b>Build a Strong and Supple Spine</b> Apr 6 (Fri, 1-4pm)
<b>Postural Analysis</b> Jan 27, 28 (Sat-Sun, 1-7pm)	<b>Hip Replacements</b> Feb 22 (Thur, 5-8pm)	<b>Movement and Exercise for Pregnancy</b> Mar 3 (Sat, 1-7pm)	<b>Power and Balance for Hip &amp; Knee</b> Apr 7 (Sat, 1-4pm)		<b>Pain 101</b> Feb 23 (Fri, 5-8pm)	<b>Pilates Level 1: Mat Module 4</b> Mar 9, 10 (Fri-Sat, 1-7pm)	<b>Simplifying the Shoulder Complex</b> Apr 7 (Sat, 5-8pm)
	<b>Seniors on the Move</b> Feb 24 (Sat, 1-7pm)	<b>Pilates Level 1: Mat Module 4</b> Mar 23, 24, 25 (Fri-Sun, 1:30-7:30pm)	<b>Pilates Level 1: Mat Module 1</b> Apr 13, 14, 15 (Fri-Sun, 1-7pm)		<b>Seniors on the Move</b> Feb 24 (Sat, 1-7pm)	<b>Pilates Level 2: Reformer Module 1</b> Mar 23, 24, 25 (Fri-Sun, 1:30-7:30pm)	<b>Neurophysiology 101</b> Apr 20, 21 (Fri-Sat, 1-7pm)
	<b>Pilates Level 1: Mat Module 3-Core Integrity</b> Feb 24, 25 (Sat-Sun, 1-7pm)	<b>Foot and Ankle: The Body's Spring System</b> Mar 24 (Sat, 1-7pm)	<b>Pilates Level 2: Reformer Module 2</b> Apr 20, 21, 22 (Fri-Sun, 1:30-7:30pm)			<b>Unlock the Mighty and Mysterious Psoas</b> Mar 25 (Sun, 1-7pm)	<b>Pilates Level 1: Mat Module 2</b> Apr 27, 28, 29 (Fri-Sun, 1-7pm)
MAY		JUNE		JULY		AUGUST	
<b>Post-Rehab Protocols: Shoulder</b> May 5, 6 (Sat-Sun, 1-7pm)	<b>Cervical Spine Mechanics and Protocols</b> Jun 1 (Fri, 1-4pm)	<b>Pilates Level 1: Mat Express</b> Jul 5-13 (Thur-Fri, 1-8pm)	<b>NEW Barrels Repertoire</b> Aug 18, 19 (Sat-Sun, 1-7pm)	<b>Pilates Level 1: Mat Module 3-Core Integrity</b> May 11, 12 (Fri-Sat, 1-7pm)	<b>NEW Mapping Your Muscles</b> Jun 2 (Sat, 1-7pm)	<b>Pilates Level 2: Reformer Express Part 1</b> Jul 19-23 (Thur-Mon, 12:30-7:30pm)	
<b>Myofascial Lines of Movement</b> May 11, 12 (Fri-Sat, 1-7pm)	<b>Pilates Level 3: Cadillac Chair Springboard &amp; Barrels Part 1</b> Jun 5-10 (Thur-Sun, 1-8pm)	<b>Pilates Level 2: Reformer Express Part 2</b> Jul 25-30 (Wed-Mon, 12:30-7:30pm)		<b>Pilates Level 2: Reformer Module 3</b> May 25, 26, 27 (Fri-Sun, 1:30-7:30pm)	<b>Part 2</b> Jun 12-17 (Thur-Sun, 1-8pm)		
<b>Pilates Level 1: Mat Module 4</b> May 26, 27 (Sat-Sun, 1-7pm)	<b>Balance Apparatus</b> Jun 9 (Sat, 1-7pm)				<b>Resistance Apparatus</b> Jun 10 (Sun, 1-7pm)		
	<b>Pilates Level 2: Reformer Module 4</b> Jun 22, 23, 24 (Fri-Sun, 1:30-7:30pm)						
SEPTEMBER		OCTOBER		NOVEMBER		NOVEMBER/DECEMBER	
<b>Anatomy in Motion</b> Sep 21 (Fri, 1-7pm)	<b>Post-Rehab Protocols: Hip and Knee</b> Oct 13, 14 (Sat-Sun, 1-7pm)	<b>Pilates Level 2: Reformer Module 2</b> Nov 2, 3, 4 (Fri-Sun, 1:30-7:30pm)	<b>Vertical Repertoire</b> Nov 24, 25 (Sat-Sun, 1-7pm)	<b>Postural Analysis</b> Sep 22, 23 (Sat-Sun, 1-7pm)	<b>Pilates Level 2: Reformer Module 1</b> Oct 12, 13, 14 (Fri-Sun, 1:30-7:30pm)	<b>NEW Pre- &amp; Post-Rehab Solutions for Knee Replacements and ACL Reconstruction</b> Nov 9 (Fri, 1-4pm)	<b>Pilates Level 2: Reformer Module 3</b> Nov 30-Dec 2 (Fri-Sun, 1:30-7:30pm)
<b>Pilates Level 1: Mat Module 1</b> Sep 28, 29, 30 (Fri-Sun, 1-7pm)	<b>Pilates Level 1: Mat Module 2</b> Oct 12, 13, 14 (Fri-Sun, 1-7pm)	<b>SI Joint: The Critical, Functional Link</b> Nov 10 (Sat, 1-7pm)	<b>NEW Build Your Team to Build Your Business</b> Dec 8 (Sat, 1-4pm)	<b>Osteopenia and Osteoporosis</b> Sep 28 (Fri, 1-7pm)	<b>Breathing Mechanics and Protocols</b> Oct 19 (Fri, 1-7pm)	<b>Pilates Level 1: Mat Module 4</b> Nov 9, 10 (Fri-Sat, 1-7pm)	<b>Pilates Level 1: Mat Express</b> Dec 10-18 (Mon-Tue, 1-8pm)
<b>Arthritis: The Modern Epidemic</b> Sep 29 (Sat, 1-7pm)	<b>Handedness and Scoliosis</b> Oct 20 (Sat, 1-7pm)	<b>Rotator Cuff Reconditioning</b> Nov 17 (Sat, 1-4pm)	<b>Pilates Level 2: Reformer Module 4</b> Jan 4-6, 2019 (Fri-Sun, 1:30-7:30pm)	<b>Inflammatory and Autoimmune Diseases</b> Sep 30 (Sun, 1-7pm)	<b>Gait Analysis</b> Oct 21 (Sun, 1-7pm)	<b>NEW Upper Cervical Spine</b> Nov 17 (Sat, 5-8pm)	
	<b>Neurophysiology 201</b> Oct 27 (Sat, 1-7pm)	<b>Ethical and Conscious Touch</b> Nov 18 (Sun, 1-4pm)			<b>Neurophysiology 201</b> Oct 27 (Sat, 1-7pm)	<b>NEW Palpation for Pilates</b> Nov 18 (Sun, 5-8pm)	
	<b>Pilates Level 1: Mat Module 3-Core Integrity</b> Oct 27, 28 (Sat-Sun, 1-7pm)						

**MAKE YOUR OWN TRAINING SCHEDULE**

Can't commit to scheduled dates or prefer learning at your own pace? Teacher Training Tutorials are your best bet! They can be arranged any time of the year and tailored to your needs.