

PLAN YOUR PILATES TRAINING

PILATES LEVEL 1: MAT



PILATES LEVEL 2: REFORMER



PILATES LEVEL 3: CCSB

PROGRAM HIGHLIGHTS

- History of Pilates
- Cueing formula
- Progressive sequencing
- Mat Foundations + Classical Repertoire

MODULAR DATES

Module 1: Feb 22-24 (Fri-Sun, 1-7pm)
Module 2: Mar 8-10 (Fri-Sun, 1-7pm)
Module 3: Mar 22-24 (Fri-Sun, 1-7pm)
Module 4: Apr 12-13 (Fri-Sat, 1-7pm)

Module 1: Sep 20-22 (Fri-Sun, 1-7pm)
Module 2: Oct 4-6 (Fri-Sun, 1-7pm)
Module 3: Oct 18-20 (Fri-Sun, 1-7pm)
Module 4: Nov 1-2 (Fri-Sat, 1-7pm)

EXPRESS DATES

Jul 3-13 (Wed-Sat, 1-7:30pm)
Dec 3-13 (Tue-Fri, 1-7:30pm)

PROGRAM HIGHLIGHTS

- Basic postural analysis
- Movement sequencing
- Complete Reformer Repertoire
- Modifications

MODULAR DATES

Module 1: Feb 8-10 (Fri-Sun, 1:30-7:30pm)
Module 2: Mar 8-10 (Fri-Sun, 1:30-7:30pm)
Module 3: Apr 12-14 (Fri-Sun, 1:30-7:30pm)
Module 4: May 10-12 (Fri-Sun, 1:30-7:30pm)

Module 1: Sep 20-22 (Fri-Sun, 1:30-7:30pm)
Module 2: Oct 18-20 (Fri-Sun, 1:30-7:30pm)
Module 3: Nov 22-24 (Fri-Sun, 1:30-7:30pm)
Module 4: Dec 13-15 (Fri-Sun, 1:30-7:30pm)

EXPRESS DATES

Jul 22-31 (Mon-Sun, Time TBD)

PROGRAM HIGHLIGHTS

- Lumbopelvic rhythm
- Spinal motion by spinal section
- Scapulohumeral rhythm
- Complete Cadillac, Chair, Springboard and Barrels Repertoire
- Modifications

EXPRESS DATES

May 28-Jun 7 (Tue-Fri, Time TBD)

MODULAR VS. EXPRESS

Both programs include the same number of hours and content.

We offer these two options to fit your schedule and preferred learning style.

WINTER/SPRING

January

- **Seniors on the Move**
Jan 11 (Fri, 1-7pm)
- **Ultimate Mat: Repertoire Plus**
Jan 18 (Fri, 1-7pm)
- **Ultimate Reformer: Repertoire + Jumpboard**
Jan 19 (Sat, 1-7pm)
- **Mapping Your Muscles**
Jan 26 (Sat, 1-7pm)

February

- **Anatomy in Motion**
Feb 1 (Fri, 1-7pm)
- **Post-Rehab Protocols: Shoulder**
Feb 1, 2 (Fri-Sat, 1-7pm)
- **Mind-Body Exercise for Men**
Feb 21 (Thur, 5-8pm)
- **Towards a Healthy Pelvic Floor**
Feb 22 (Fri, 5-8pm)
- **Movement and Exercise for Pregnancy**
Feb 23 (Sat, 1-7pm)

February/March

- **Post-Natal and Abdominal Reconditioning**
Feb 24 (Sun, 1-4pm)
- **Golf Mechanics and Protocols**
Mar 1 (Fri 1-4pm)
- **Running Mechanics and Protocols**
Mar 1 (Fri, 5-8pm)
- **Swimming Mechanics and Protocols**
Mar 2 (Sat, 1-4pm)

SPRING/SUMMER

March/April

- **Client Assessment Protocols**
Mar 29, 30 (Fri-Sat, 1-7pm)
- **Cervical Spine Mechanics and Protocols**
Apr 12 (Fri, 4-8pm)
- **Foot and Ankle: The Body's Spring System**
Apr 13 (Sat, 1-7pm)
- **SI Joint: The Critical, Functional Link**
Apr 27 (Sat, 1-7pm)

April/May

- **Unlock the Mighty and Mysterious Psoas**
Apr 28 (Sun, 1-7pm)
- **Build a Strong and Supple Spine**
May 3 (Fri, 5-8pm)
- **Power and Balance for Hip & Knee**
May 4 (Sat, 1-4pm)
- **Simplifying the Shoulder Complex**
May 4 (Sat, 5-8pm)

May/June/July

- **Myofascial Lines of Movement**
May 10, 11 (Fri-Sat, 1-7pm)
- **Vertical Repertoire**
Jun 1, 2 (Sat-Sun, 1-7pm)
- **Postural Analysis**
Jun 8, 9 (Sat-Sun, 1-7pm)
- **Post-Rehab Protocols: Hip and Knee**
Jul 12, 13 (Fri-Sat, 1-7pm)

FALL/WINTER

September/October

- **Anatomy in Motion**
Sep 14 (Sat, 1-7pm)
- **Hip Replacements**
Sep 21 (Sat, 1-4pm)
- **Gait Analysis**
Sep 27 (Fri, 1-7pm)
- **Post-Rehab Protocols: Spine**
Oct 5, 6 (Sat-Sun, 1-7pm)

October/November

- **Arthritis: The Modern Epidemic**
Oct 25 (Fri, 1-7pm)
- **Osteopenia and Osteoporosis**
Oct 26 (Sat, 1-7pm)
- **Beyond Breast Cancer**
Oct 27 (Sun, 1-7pm)
- **Advanced Postural Analysis**
Nov 8, 9 (Fri-Sat, 1-7pm)
- **Handedness and Scoliosis**
Nov 15 (Fri, 1-7pm)

November/December

- **Pre- & Post-Rehab Solutions for Knee Replacements and ACL Reconstruction**
Nov 23 (Sat, 1-4pm)
- **Upper Cervical Spine**
Nov 24 (Sun, 1-4pm)
- **Resistance Apparatus**
Dec 7 (Sat, 1-7pm)
- **Balance Apparatus**
Dec 8 (Sun, 1-7pm)