

## PLAN YOUR PILATES TRAINING



PILATES  
LEVEL 1:  
MAT




PILATES  
LEVEL 2:  
REFORMER




PILATES  
LEVEL 3:  
CCSB

### PROGRAM HIGHLIGHTS

- History of Pilates
- Body Harmonics cueing formula™
- Body Harmonics progressive sequencing™
- Mat Foundations + Classical Repertoire

#### Pilates Level 1: Mat

Module 1: Feb 8–10 (Fri–Sun, 1–7pm)  
Module 2: Feb 22–24 (Fri–Sun, 1–7pm)  
Module 3: Mar 8–10 (Fri–Sun, 1–7pm)  
Module 4: Mar 22–23 (Fri–Sat, 1–7pm)

#### Pilates Level 1: Mat

Module 1: Oct 4–6 (Fri–Sun, 1–7pm)  
Module 2: Oct 18–20 (Fri–Sun, 1–7pm)  
Module 3: Nov 1–3 (Fri–Sun, 1–7pm)  
Module 4: Nov 15–16 (Fri–Sat, 1–7pm)

### PROGRAM HIGHLIGHTS

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

#### Pilates Level 2: Reformer

Module 1: Feb 1–3 (Fri–Sun, 1–7pm)  
Module 2: Mar 1–3 (Fri–Sun, 1–7pm)  
Module 3: Apr 5–7 (Fri–Sun, 1–7pm)  
Module 4: May 10–12 (Fri–Sun, 1–7pm)

### PROGRAM HIGHLIGHTS

- Lumbopelvic rhythm
- Spinal motion by spinal section
- Scapulohumeral rhythm
- Complete Cadillac, chair, springboard and barrels repertoires
- Modifications

Contact us for dates.

#### 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.

 BEGINNER






 INTERMEDIATE

 ADVANCED

### WINTER/SPRING

-  Resistance Apparatus  
Jan 11 (Fri, 1-7pm)
-  Anatomy in Motion  
Jan 20 (Sun, 1-7pm)
-  Foot and Ankle: The Body's Spring System  
Jan 25 (Fri, 1:30-7:30pm)
-  Handedness and Scoliosis  
Feb 23 (Sat, 1:30-7:30pm)
-  Hip Replacements  
Apr 12 (Fri, 1-4pm)








### SPRING/SUMMER

-  Vertical Repertoire  
Apr 26, 27 (Fri-Sat, 1-7pm)
-  Ultimate Reformer: Repertoire + Jumpboard  
May 3 (Fri, 1-7pm)
-  Postural Analysis  
May 24, 25 (Fri-Sat, 1-7pm)
-  Ultimate Mat: Repertoire Plus  
Jun 7 (Fri, 1-7pm)
-  SI Joint: The Critical, Functional Link  
Jun 21 (Fri, 1-7pm)

### FALL/WINTER

-  Balance Apparatus  
Sep 13 (Fri, 1-7pm)
-  Inflammatory and Autoimmune Disease  
Sep 20 (Fri, 1-7pm)
-  Anatomy in Motion  
Sep 21 (Sat, 1-7pm)
-  Towards a Healthy Pelvic Floor  
Sep 27 (Fri, 1-5pm)
-  Post-Natal and Abdominal Reconditioning  
Oct 25 (Fri, 1-4pm)
-  Myofascial Lines of Movement  
Nov 29, 30 (Fri-Sat, 1-7pm)

### UPCOMING IN 2020

-  Post-Rehab Protocols: Hip and Knee
-  Post-Rehab Protocols: Shoulder
-  Post-Rehab Protocols: Spine
-  Unlock the Mighty and Mysterious Psoas
-  Gait Analysis
-  Breathing Mechanics and Protocols
-  SI Joint: The Critical, Functional Link