

PLAN YOUR TRAINING

PILATES
LEVEL 1:
MAT



PILATES
LEVEL 2:
REFORMER



PILATES
LEVEL 3:
CCSB

Pilates Level 1: Mat

January 24–26, 9am–5pm

February 7–8, 9am–5pm, February 9, 9am–1pm

February 21–23, 12–4pm

Location: Pilates in Guelph South

Pilates Level 1: Mat

October 23–25, 9am–5pm

November 6–8, 9am–5pm

November 27–28, 9am–5pm

Location: Pilates in Guelph South

Pilates Level 2: Reformer

March 6–8, 12:30–6:30pm

March 27–29, 1:30–7:30pm

April 24–26, 1:30–7:30pm

May 29–30, 1:30–7:30pm

Location: Pilates in Guelph South

Pilates Level 3: Cadillac Chair Springboard Barrels

July 20–25, 10:15am–6:15pm

July 27–28, 10:15am–6:15pm

September 19, 10:15am–6:15pm

Location: Pilates in Guelph South

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.

Calendar is subject to change. Please visit bodyharmonics.com for most current schedule and details.

Published December 12, 2019 | Contact: 519. 829.2928 | info@pilatesinguelph.com

Locations: Pilates in Guelph, 109 Surrey Street East, Unit B, Guelph, ON N1E 2C9 | Pilates in Guelph South, 17 Goodwin Drive, Guelph, ON N1L 3P7

 BEGINNER

 INTERMEDIATE


 ADVANCED

WINTER/SPRING

SPRING/SUMMER

FALL/WINTER

Anatomy for Motion

 Jan 11 (Sat, 1–7pm)
Location: Pilates in Guelph South


Balance Apparatus

 Jan 18 (Sat, 1–7pm)
Location: Pilates in Guelph Downtown


Handedness and Scoliosis

 Jan 31 (Fri, 12–6pm)
Location: Pilates in Guelph Downtown

Resistance Apparatus

 Feb 28 (Fri, 12–6pm)
Location: Pilates in Guelph South

Arthritis: The Modern Epidemic

 Apr 3 (Fri, 12–6pm)
Location: Pilates in Guelph South


Post-Rehab Protocols: Shoulder

 May 8–9 (Fri–Sat, 12–6pm)
Location: Pilates in Guelph Downtown


Hip Replacements

 May 15 (Fri, 12–3pm)
Location: Pilates in Guelph Downtown

Ultimate Reformer: Repertoire + Jumpboard

 Jun 5 (Fri, 12–6pm)
Location: Pilates in Guelph South

Postural Analysis

 Jun 12–13 (Fri–Sat, 12–6pm)
Location: Pilates in Guelph South


Vertical Repertoire

 Sep 11–12 (Fri–Sat, 12–6pm)
Location: Pilates in Guelph South

Unlock the Mighty and Mysterious Psoas

 Sep 25 (Fri, 12–6pm)
Location: Pilates in Guelph Downtown


Anatomy for Motion

 Sep 26 (Sat, 12–6pm)
Location: Pilates in Guelph South


Gait Analysis

 Oct 9 (Fri, 12–6pm)
Location: Pilates in Guelph Downtown


Towards a Healthy Pelvic Floor

 Oct 16 (Fri, 12–6pm)
Location: Pilates in Guelph South

Movement and Exercise for Pregnancy

 Oct 17 (Sat, 12–6pm)
Location: Pilates in Guelph South

Post-Natal and Abdominal Reconditioning

 Oct 18 (Sun, 12–6pm)
Location: Pilates in Guelph South

Ultimate Mat: Repertoire Plus

 Nov 13 (Fri, 12–6pm)
Location: Pilates in Guelph Downtown

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