

TEAM PILATES 2008-2009 COURSE CALENDAR

PILATES MAT CERTIFICATION

June 21-22, 2008
Colorado Springs, Colorado

August 23-24, 2008
Albuquerque, New Mexico

September 20-21, 2008
Pensacola, Florida

EQUIPMENT CERTIFICATION

Cadillac Intensive
June 19-20, 2008
Colorado Springs, Colorado

Reformer Intensive
January 17-18, 2009
Albuquerque, New Mexico

Chair, Ladder Barrel
Intensive
April 18-19, 2009
Colorado Springs, Colorado

PILATES TEACHER TRAINING

February 28-March 21, 2009
New Zealand
*(Registration Deadline
December 31, 2008)*

ANATOMY IN CLAY

June 14-15, 2008
Colorado Springs, Colorado

July 7-8, 2008
Kansas City, Missouri

August 6-7, 2008
Great Falls, Montana

September 18-19, 2008
Pensacola, Florida

January 10-11, 2009
Albuquerque, New Mexico

MOVEMENT THERAPY FOR KIDS

August 16-17, 2008
Albuquerque, New Mexico

October 22-24, 2008
Thetford, Vermont

PILATES FOR DANCERS

June 7-8, 2008
Albuquerque, New Mexico

July 10-11, 2008
Kansas City, Missouri

PILATES TEACHER TRAININGS A comprehensive mat and equipment training course that prepares the student for the PMA[®] written exam and a successful career as a Certified Pilates Professional. It includes extensive training on Pilates exercises for the mat, reformer, cadillac, wunda chair and auxiliary equipment. Upon completion of this course, participants receive a certificate of completion in Pilates mat work and complete apparatus exercises. This enables them to teach as an apprentice until their full certification is acquired through a practical exam with Team Pilates[®] and completion of the PMA[®] national certification exam. Pilates Teacher Training Tuition: \$2595.00, Materials: \$200.00, Studio Fee: \$100.00

MAT WORK CERTIFICATION A 15-hour course breaking down the classic pilates mat exercises from the modified to advanced versions. Pilates Mat Work Tuition: \$395.00

INTENSIVE PILATES EQUIPMENT COURSES: Reformer, Cadillac or Chair/Ladder intensive A 30 hour intensive teacher training on the selected pilates equipment. The course includes basic anatomy and biomechanics, Pilates Equipment exercises with extensive breakdown for modifications and variations as well as training on how to teach a flowing workout for your clientele. The participants must pass a practical examination proctored by a Team Pilates Staff member. Equipment Courses Tuition: \$845, Materials \$50

PILATES FOR DANCERS This two day workshop will focus on the development of specific muscle groups for proper body alignment and posture in dance. The participant will gain knowledge of specific exercises that can be performed at home or in the Pilates studio to enhance their dance training outside of the classroom. When done on a regular basis the dancer's technique will improve dramatically. Tuition: 1-day: \$60.00 / 2-day: \$100.00

BOSATES[®] Pilates based training in a core strengthening exercise regimen for both fitness and rehabilitation using an unstable surface to challenge an individual's proprioception and spatial awareness. Exercises were designed by a Physical Therapist and a PMA[®] Gold certified Master Teacher. Mat Only Tuition: \$135.00, Materials, \$50 Equipment Only Tuition: \$215.00, Materials, \$50 Both courses: \$345.00, Materials, \$50

MOVEMENT THERAPY FOR CHILDREN Pilates based mat exercises specifically designed for infants through elementary school children. The course was written by a Psychologist and Pediatric Counselor and a PMA[®] Gold Certified Master Teacher with assistance from a Pediatric Physical Therapist specializing in Movement Therapy. In addition to these specific exercises, the participants will receive a Certificate in Pilates mat work enabling them to teach the classic Pilates mat exercises within schools, fitness clubs and private studios. Please call for tuition rates. Movement Therapy for Children Tuition: \$345, Materials \$50

GYROTONIC[®] TEACHER TRAINING This movement based course presents the most current foundation curriculum as taught by Julio Horvath. Pre-training includes Gyrokinesis[®] and introduces you to the key exercises and principles that will be covered in the Foundation course. Upon completion of the Foundation course, participants receive an apprentice certificate and license enabling them to begin teaching Level 1 Gyrotonic[®] work. Pre-training Tuition: \$950.00, Studio Fee: \$100.00 Foundation Course Tuition: \$1850.00, Studio Fee: \$100.00