

Core Pilates & Yoga Pilates Teacher Training Program

Upcoming Course Dates 2019

- ❖ Pilates Mat Work 1: October 25, 26 & 27
Friday, 6–9 pm; Saturday & Sunday 11–7 pm
- ❖ Pilates Reformer 1: November 8, 9 & 10
Friday, 6–9 pm; Saturday & Sunday 11–7 pm

Pilates Mat 2 & 3 and Pilates Reformer 2 coming February 2020!

*Days and Times subject to adjustment per student needs & ancillary training will be determined by group consensus. Any individually missed training sessions will result in an additional \$100 fee to reschedule

Individual Pricing for each Training Module

Mat I	\$595	Mat II/III (\$295 single)	\$495
Reformer I	\$895	Reformer II	\$895
Tower/Half Trap	\$595	Pilates Chair	\$595
Step Barrel (Arc)	\$295	Ladder Barrel	\$295
Jump Board	\$99	The Fit Biz	\$99
<i>Mat Work Fusion</i>	\$395	<i>Barre Fitness</i>	\$395

All individually priced programs may be scheduled on-line at www.corepilatesandyoga.com

For questions or to register for pricing discounts please call Lara at 412-551-9811 or

email: lara@corepilatesandyoga.com

Package discount registration cannot be done independently on-line.

For More Information Visit: www.corepilatesandyoga.com and www.zenlates.com