

Core Pilates & Yoga Pilates Teacher Training Program

Upcoming Course Dates 2019

- ❖ Tower/Half Trap: February 9 & 10 (Saturday/Sunday 9:30 – 6 pm)
- ❖ Mat Work Fusion: March 30 & 31 (Saturday/Sunday 10:30 – 6 pm)
- ❖ Barre Fitness: April 27 & 28 (Saturday/Sunday 10:30 – 6 pm)
- ❖ Pilates Chair: June 29 & 30 (Saturday & Sunday 10:30 – 6 pm)

*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

Other Trainings will be scheduled for later in the year; dates TBD

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>	<i>\$395</i>	<i>Barre Fitness</i>	<i>\$395</i>

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

Package Pricing Discounts

Mat Comprehensive: Mat 1, 2, and 3 = \$895 (*savings of \$195*)

Reformer Comprehensive: Reformer 1 & 2 = \$1500 (*savings of \$290*)

PMA Comprehensive: \$4000 (*savings of \$858*)

Includes: Mat 1, 2 & 3; Reformer 1 & 2; Tower, Chair, Barrels & Jump Board

**To register for package pricing please call Lara at 412-551-9811 - Package discount registration cannot be done independently on-line.

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