

# Core Pilates & Yoga Pilates Teacher Training Program

## Upcoming Course Dates 2018

\*Mat I: April 13, 14, & 15 (Friday 12- 5, Saturday/Sunday 9 – 6 pm)

\*Reformer I: April 20, 21 & 22 (Friday 12- 5, Saturday/Sunday 9 – 6 pm)

\*Mat II & III: June 2 & 3 (Saturday/Sunday 9 – 6 pm)

\*Reformer II: June 9 & June 10 (Saturday/Sunday 9 – 6 pm)

\*Days and Times subject to adjustment per student needs & ancillary training will be determined by group consensus.

Tower, Barrel and Chair Trainings will be scheduled for the fall/winter; dates TBD

## Individual Pricing for each Training Module

Mat I	\$595	Mat II / III	\$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 schedule on-line at [www.corepilatesandyoga.com](http://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; registration cannot be done independently on-line.

For More Information Visit: [www.corepilatesandyoga.com](http://www.corepilatesandyoga.com) and [www.zenlates.com](http://www.zenlates.com)