

Core Pilates & Yoga Pilates Teacher Training Program

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