

# Core Pilates & Yoga Pilates Teacher Training Program

## Upcoming Course Dates 2019

- ❖ Tower/Half Trap: February 9 & 10 (Saturday/Sunday 9:30 – 6 pm)
- ❖ Reformer Jump Board: Sunday, March 3 from 9 – 1 pm
- ❖ Mat Work Fusion: March 30 & 31 (Saturday/Sunday 9:30–6 pm)
- ❖ Barre Fitness: April 27 & 28 (Saturday/Sunday 9:30–6 pm)
- ❖ Reformer I: June 7, 8 & 9 (Friday 5-9 pm, Saturday/Sunday 9:30 – 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](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 - Package discount 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)