

MONTEREY SPORTS CENTER PILATES REFORMER TEACHER TRAINING BEGINS JUNE 18TH!

Our Pilates Reformer Teacher Training Course is designed to prepare students to teach a Pilates Reformer class in a small group setting. Students will learn how to effectively cue exercises and lead a flowing group class. Prior experience in Pilates and a basic understanding of anatomy is recommended.

Prerequisites:

8 Pilates Reformer classes taken from an approved instructor

Requirements For Completion:

- 1) Current CPR
- 2) 24 hours of course lecture/application
- 3) 12 apprentice hours in an approved reformer group class setting
- 4) Pass a written and practical exam administered by the instructor

Please Note: Successful completion of these requirements does not imply certification of any kind, only that the participant has satisfactorily completed a 36-hour teacher training course. A Certificate of Completion will be awarded after all requirements have been successfully met.

Ages: 18 and older

Days & Times: Thursdays from 6:00 to 8:00 p.m. starting June 18th through July 23rd **AND** Saturdays from 12:30 to 2:30 p.m. starting June 20th through July 26th (no class July 4th, will meet on Sunday, July 5th instead). Exam administered on Saturday, July 26th from 12:30 to 2:30 p.m. There will be no make-up classes. Students will be responsible for all material covered over the course of the class in the final exam.

Cost: \$500.00

Activity Number: 52009-B

Required Text: Return To Life Through Contrology by Joseph Pilates and The Pilates Reformer by Marci Clark and Christine Romani-Ruby (not provided, please read before training)

**Please call Lauri Ataide 646-3739 or e-mail at
ataide@ci.monterey.ca.us for more information**