



# LEARN TO TEACH PILATES

at

## Vault FITNESS



### Mat Pilates Training 2023

- Beginner Mat Jan 21-22
- Intermediate Mat Mar 11-12
- Advanced Mat June 3

### Comprehensive Mat & Apparatus Program 2023

- Feb 11-12, 2023
- Mar 11-12, 2023
- Apr 15-16, 2023
- May 6-7, 2023
- Jun 3-4, 2023

Hours: Sat 1030-7pm, Sun 9-630pm

### Location

Vault Fitness WPB  
3030 S. Dixie Highway  
WPB, FL 33405

Pilates Mat is the foundation of Joseph Pilates' method. Learn to teach private and group Pilates Mat classes in a safe, effective manner. Learn how to modify and progress exercises based on individual needs and goals. Explore how to incorporate props like the magic circle, ball, and foam roller to keep Mat Classes fun and challenging.

The Comprehensive Training will certify you to teach private and group Mat & Apparatus sessions to individuals of any fitness level or background. This 600 hour course will prepare you for the Pilates Method Alliance Exam and will enhance your teaching skills to ensure a successful career in the field of Pilates. The Beginner Mat is a pre-requisite to the Comprehensive includes Intermediate and Advanced Mat.

### Pricing

\$550 Beginner Mat  
\$4,500 Comprehensive Apparatus Program  
\$5,050 Total Comprehensive Mat & Apparatus  
**\$500 OFF with Early Bird Discount!**



**Student discount & payment plan available!**

### For Information and/or Sign-up

Contact [info@classicalpilateseducation.com](mailto:info@classicalpilateseducation.com)



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