

LEARN TO TEACH PILATES!



Beginner Mat Pilates

- Aug 5-6, 2023
Sat 1030am-630pm / Sun 930am-530pm

Comprehensive Mat & Apparatus Program

- Sept 2-3, 2023
- Sept 30-Oct 1, 2023
- Nov 11-12, 2023
- Dec 9-10, 2023
- Jan 6-7, 2024
Sat 1030am-630pm / Sun 930am-530pm

Location

OptimalFit Pilates
10887 NW 17th St #205
Doral Miami, FL 33172
305.799.7086

Teacher Trainer:
Sarah Michelle Lovern-Vazquez

The Beginner Mat is a 16 hour course that lays the foundation for a career in Pilates. By the end of the weekend, you will have the knowledge and skills to teach a Beginner Mat Pilates class.

The Comprehensive Mat & Apparatus training program educates you to teach private and group sessions on the Classical Pilates apparatus: the Reformer, Cadillac, High Chair, Wunda Chair, Ladder Barrel, Spine Corrector, Magic Circle, Pedipul, and more.

You will have the knowledge to train individuals of any age, gender, fitness level, or physical condition. The training fee includes manual, training weekends, test-outs, meetings, observation/practice hours, and online videos.

Pricing

\$500 Beginner Mat
\$4,500 Comprehensive Apparatus Program
\$5,000 Total



Student discount & payment plan available!

For Information and/or Sign-up

Contact info@classicalpilateseducation.com



CLASSICAL PILATES EDUCATION

EARLY BIRD
DISCOUNT
\$500 OFF

Register prior to
Aug 15, 2023

WWW.CLASSICALPILATESEDUCATION.COM