

## BALANCED BODY® MOVEMENT PRINCIPLES

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher, personal trainer or movement educator. The course mixes information on how the body works with basic exercises to illustrate the information in movement. Broken down into five categories: Whole Body Movement, Trunk Integration, Lower Body Strength and Power, Upper Body Strength and Balance and Dynamic Flexibility, Rest and Relaxation, the Movement Principles provide a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

### Balanced Body® Movement Principles is Required for Mat, Reformer, Apparatus, Comprehensive Certifications

**March 27-March 29, 2020**

<b>MOVEMENT PRINCIPALS</b>	FRIDAY, MARCH 27	6:00PM-9:00PM
	SATURDAY, MARCH 28	10:00AM-5:00PM
	SUNDAY, MARCH 29	10:00AM-5:00PM

Members: \$495 Non-Members: \$510 Materials Fee: \$65

Total Hours for Balanced Body® Mat Instructor Certification: 16

## BALANCED BODY® MAT INSTRUCTOR TRAINING

Pilates Mat work is the foundation of Pilates. The Balanced Body® Mat Instructor program includes the full repertoire of Pilates exercises, along with modifications and variations designed to make you successful with a wide range of clients.

**April 17-June 14, 2020**

<b>MAT 1</b>	FRIDAY, APRIL 17	6:00PM-9:00PM
	SATURDAY, APRIL 18	10:00AM-5:00PM
	SUNDAY, APRIL 19	10:00AM-5:00PM
<b>MAT 2</b>	FRIDAY, MAY 15	6:00PM-9:00PM
	SATURDAY, MAY 16	10:00AM-5:00PM
	SUNDAY, MAY 17	10:00AM-5:00PM
<b>MAT 3</b>	FRIDAY, JUNE 12	6:00PM-9:00PM
	SATURDAY, JUNE 13	10:00AM-5:00PM
	SUNDAY, JUNE 14	10:00AM-5:00PM

Members: \$1,475 Non-Members: \$1,525 Materials Fee: \$195

Total Hours for Balanced Body® Mat Instructor Certification: 48

## BALANCED BODY® REFORMER INSTRUCTOR TRAINING

The Balanced Body® Reformer Instructor program gives you a thorough understanding of how the Pilates Reformer can develop core and extremity strength, stability, flexibility, coordination, and balance. The wide range of exercises provides a stimulating and fun workout for clients at any level of ability.

**September 25-November 22, 2020**

<b>REFORMER 1</b>	FRIDAY, SEPTEMBER 25	6:00PM-9:00PM
	SATURDAY, SEPTEMBER 26	10:00AM-5:00PM
	SUNDAY, SEPTEMBER 27	10:00AM-5:00PM
<b>REFORMER 2</b>	FRIDAY, OCTOBER 23	6:00PM-9:00PM
	SATURDAY, OCTOBER 24	10:00AM-5:00PM
	SUNDAY, OCTOBER 25	10:00AM-5:00PM
<b>REFORMER 3</b>	SATURDAY, NOVEMBER 21	10:00AM-5:00PM
	SUNDAY, NOVEMBER 22	10:00AM-5:00PM

Members: \$1,675 Non-Members: \$1,725 Materials Fee: \$195

Total Hours for Balanced Body® Reformer Instructor Certification: 46

## BALANCED BODY® APPARATUS INSTRUCTOR TRAINING

The Balanced Body® Apparatus Instructor program completes the Pilates system with courses on the Trapeze Table (or Tower), Chair, and Barrels.

**January 9-March 7, 2021**

<b>APPARATUS 1</b>	SATURDAY, JANUARY 9	10:00AM-5:00PM
	SUNDAY, JANUARY 10	10:00AM-5:00PM
<b>APPARATUS 2</b>	SATURDAY, FEBRUARY 6	11:00AM-5:00PM
	SUNDAY, FEBRUARY 7	11:00AM-5:00PM
<b>APPARATUS 3</b>	SATURDAY, MARCH 6	11:00AM-5:00PM
	SUNDAY, MARCH 7	11:00AM-5:00PM

Members: \$1,475 Non-Members: \$1,525 Materials Fee: \$195

Total Hours for Balanced Body® Apparatus Instructor Certification: 38

**\*Pricing available upon request for individual weekends.**

## BALANCED BODY® MOVEMENT PRINCIPLES, MAT & REFORMER COMBO

*or*

## BALANCED BODY® MOVEMENT PRINCIPLES, REFORMER & APPARATUS COMBO

Members: \$3,549

Non-Members: \$3,649