

BALANCED BODY® COMPREHENSIVE (MOVEMENT PRINCIPLES, MAT, REFORMER & APPARATUS) PILATES INSTRUCTOR CERTIFICATION

Members: \$4999
Non-Members: \$5,149

Total Hours for Balanced Body® Pilates Instructor Certification: 504

***Movement Principles is required as of 2019, and is included in all of the above packages.**



ABOUT LIZABETH BURROWS

Lizabeth Burrows has been teaching Pilates since 1999. She started studying dance and martial arts at age five. As a high-ranking martial artist, Lizabeth began to teach, and it was then at a young age she realized her passion for sharing her knowledge. She danced professionally from 1998 until 2006 when she decided to teach Pilates full time.

Lizabeth received her comprehensive training from Nora St. John and Naomi Leiserson at Turning Point Studios in Walnut Creek, California where she ended up working alongside her mentors. Getting to observe her teachers daily was an opportunity of a lifetime where the learning never ended. This set the course for her future in Pilates.

Being a consummate student of movement, Lizabeth continues to elevate her teaching by attending conferences nationwide. As a Balanced Body® Master Trainer, Lizabeth brings an inspiring blend of innovation and precision to her teaching while mentoring the next generation of Pilates teachers.



MIDTOWN ATHLETIC CLUB
& BALANCED BODY®

A PILATES METHOD ALLIANCE RECOGNIZED PILATES SCHOOL

MIDTOWN
ATHLETIC CLUB®

200 E. Highland Dr. Rochester
585.461.2300 midtown.com