

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

April 5-April 7, 2019

MOVEMENT PRINCIPALS	FRIDAY, APRIL 5	6:00-9:00PM
	SATURDAY, APRIL 6	10:00-5:00PM
	SUNDAY, APRIL 7	10:00-5:00PM

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 26-June 9, 2019

MAT 1	FRIDAY, APRIL 26	6:00-9:00PM
	SATURDAY, APRIL 27	10:00-5:00PM
	SUNDAY, APRIL 28	10:00-5:00PM
MAT 2	FRIDAY, MAY 17	6:00-9:00PM
	SATURDAY, MAY 18	10:00-5:00PM
	SUNDAY, MAY 19	10:00-5:00PM
MAT 3	FRIDAY, JUNE 7	6:00-9:00PM
	SATURDAY, JUNE 8	10:00-5:00PM
	SUNDAY, JUNE 9	10:00-5:00PM

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 27-November 24, 2019

REFORMER 1	FRIDAY, SEPTEMBER 27	6:00-9:00PM
	SATURDAY, SEPTEMBER 28	10:00-5:00PM
	SUNDAY, SEPTEMBER 29	10:00-5:00PM
REFORMER 2	FRIDAY, OCTOBER 25	6:00-9:00PM
	SATURDAY, OCTOBER 26	10:00-5:00PM
	SUNDAY, OCTOBER 27	10:00-5:00PM
REFORMER 3	SATURDAY, NOVEMBER 23	10:00-5:00PM
	SUNDAY, NOVEMBER 24	10:00-5:00PM

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 11-March 8, 2020

APPARATUS 1	SATURDAY, JANUARY 11	10:00-5:00PM
	SUNDAY, JANUARY 12	10:00-5:00PM
APPARATUS 2	SATURDAY, FEBRUARY 8	11:00-5:00PM
	SUNDAY, FEBRUARY 9	11:00-5:00PM
APPARATUS 3	SATURDAY, MARCH 7	11:00-5:00PM
	SUNDAY, MARCH 8	11:00-5:00PM

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

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.



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& BALANCED BODY®

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