



Reform & Ride

TEACHER TRAINING SCHEDULE

2020 CLASSES AND WORKSHOPS

Based on the teachings of Joseph H. Pilates



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Teacher Training Summer 2020

(May 17th – September 27th)*

Program Dates
SUMMER 2020

Classes are held once a week: Sundays 12-6 pm.

Nuts & Bolts	May 17 - May 24
Mat	May 24 - June 7
Reformer	June 14 - July 26
Cadillac	August 2 - August 23
Chair	August 30 - September 13
Review/Written/Practical	September 20
Barrels	September 27

*Actual dates may vary depending on class

Workshops Summer 2020

Stretching in Perfect Alignment Sunday, March 29, 2020
9am - 12pm

Jump Board

* Beginner / Intermediate Sunday, April 26, 2020
8:30am – 11:30am

* Advanced Sunday, April 26, 2020
12pm – 3pm

Barrels Sunday, September 27, 2020
8am - 4pm

*required workshop to take the
PMA exam

Pilates Dowel on the Reformer Sunday, October 25, 2020
9am - 12pm

2020 Workshops

Stretching in Perfect Alignment

Stretching...Need We Say More?



Learn to stretch your clients in perfect alignment while you are maintaining your own form. You will not only learn to stretch your client on the mat but also walk away with some nice new stretches on all the different apparatus.

Stretching in Perfect Alignment Workshop

DATE: Sunday, March 29, 2020

TIME: 9am – 12pm

COST: \$90

PMA CEC's: 3

2020 Workshops

Jump Board

LEARN, BURN & EARN (PMA CEC's)

From beginner through advanced exercises on the jump board, this workshop is chocked full of variations challenging core, stability and endurance. Through flowing patterns of fun choreography, incorporating hand weights, balls, and bands, you will improve both your heart and mind.



Beginner / Intermediate Jump Board Workshop

DATE: Sunday, April 26, 2020

TIME: 8:30am – 11:30am

COST: \$90

PMA CEC's: 3

Advanced Jump Board Workshop

DATE: Sunday, April 26, 2020

TIME: 12:00pm – 3:00pm

COST: \$90

PMA CEC's: 3

**\$150 for both workshops taken together*

2020 Workshops

Barrels

The Classic Repertoire on: Ladder Barrel, Spine Corrector, and Arc Barrel



Explore the versatility of these unique Pilates Apparatus while enhancing your Pilates repertoire. Develop skills and learn exercises/ variations for all levels and abilities to incorporate into private training or to build an innovative group session.

This workshop is a compliment to the PSC Teacher Training Program and is required to take the PMA exam (option: written exam for a Certificate of Completion).

Barrels Workshop

DATE: Sunday, September 27, 2020

TIME: 8am – 4pm

COST: \$300

PMA CEC's: 12

*If you are using this workshop to fulfill your PMA requirement, you will need to take the exam for an additional \$25

2020 Workshops

Pilates Dowel on the Reformer

Explore the Dowel for New Challenges on the Reformer



This is an advanced workout for the experienced client. Our intention is to explore new challenges, to focus on balance, strength, and stability utilizing classical and new exercises with an all-new tool – The Pilates Dowel. A specialized dowel with multiple attachment points to attach to your equipment in ways you never imagined.

Pilates Dowel on the Reformer

DATE: Sunday, October 25, 2020

TIME: 9am – 12pm

COST: \$90

PMA CEC's: 3