



Reform & Ride **TEACHER TRAINING SCHEDULE**

2020 CLASSES AND WORKSHOPS

Based on the teachings of Joseph H. Pilates



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Teacher Training Fall 2020

(August 15th – November 15th)*

Program Dates
Fall 2020

Classes: Saturdays 2-6pm
Sundays 12-6 pm

Nuts & Bolts	August 15 – August 16
Mat	August 22 – September 5
Reformer	September 6 - October 10
Cadillac	October 11 – October 24
Chair	October 25 - November 1
Review/Written/Practical	November 7 - 8
Barrels	November 15

*Actual dates may vary depending on class

Fall 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).

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

Barrels Workshop

DATE: Sunday, November 15, 2020

TIME: 9am – 5pm

COST: \$300

PMA CEC's: 12