

Whole Body Gallery

Spring 2010 Pilates Certification Course Syllabus

Pre-Course and LEVEL 1

4/2	Fri.	5-8	Orientation, History, Principles, Spine, Neutral spine, Pilates Language
4/3	Sat.	12-6	Anatomy, Pre-Pilates, Mat, Teaching Skills
4/4	Sun.	11-5	Reformer, Mat
4/17	Sat.	12-6	Anatomy, Cadillac, Arm weights
4/18	Sun.	11-5	Wunda Chair, Review
5/7	Fri.	5-8	Level 1 Test

LEVEL 2

5/7	Sat.	12-6	Anatomy, Mat, Reformer
5/8	Sun.	11-5	Reformer, Mat
5/22	Sat.	12-6	Anatomy, Cadillac, Pedi-Pole
5/23	Sun.	11-5	Wunda Chair, Review
6/18	Fri.	5-8	Level 2 Test

LEVEL 3

6/19	Sat.	12-6	Anatomy, Mat, Reformer
6/20	Sun.	11-5	Reformer, Jump Board, Mat
6/26	Sat.	12-6	Anatomy, Cadillac, Large Barrel
6/27	Sun.	11-5	Wunda Chair, Review
7/23	Fri.	5-8	Level 3 Test

LEVEL 4

7/24	Sat.	12-6	Anatomy, Reformer
7/25	Sun.	11-5	Reformer, Mat, Magic Circle

8/7 Sat. 12-6 Anatomy, Cadillac
8/8 Sun. 11-5 Wunda Chair, Review
8/27 Fri. 5-8 Level 4 Test

LEVEL 5

8/28 Sat. 12-6 Reformer, Mat
8/29 Sun. 11-5 Mat, Spine Corrector
9/4 Sat. 12-6 Reformer, Cadillac, Mat
9/5 Sun. 11-5 Wunda Chair, Review

LEVEL 5 Test and Review (date set by instructor and group (no later than 10/29))