

Whole Body Gallery Classical Pilates Certification

Fall 2010/2011 Course Dates

Pre-Course and LEVEL 1

9/24	Fri.	5-8	Orientation, History, Principles, Anatomy, Pilates Language
9/25	Sat.	12-5	Pre-Pilates, Mat,
9/26	Sun.	11-5	Reformer, Cadillac
10/02	Sat.	12-5	Arm weights, Wunda Chair
10/03	Sat.	12-5	Review
10/15	Fri.	5-8	Level 1 Test

LEVEL 2

10/22	Fri.	5-8	Anatomy
10/23	Sat.	11-5	Mat, Wunda Chair,
10/24	Sun.	12-5	Reformer, Cadillac
10/31	Sun.	12-5	Pedipole, Review
11/12	Fri.	5-8	Level 2 Test

LEVEL 3

11/19	Fri.	5-8	Anatomy
11/20	Sat.	11-5	Mat, Reformer
11/21	Sun.	12-5	Wunda Chair Cadillac, Large Bar
11/28	Sun.	12-5	Jumpboard, Review
12/10	Fri.	5-8	Level 3 Test

LEVEL 4

1/7	Fri.	5-8	Anatomy
1/8	Sat.	11-5	Reformer, Wunda Chair
1/9	Sun.	12-5	Cadillac, Magic Circle Mat
1/14	Sun.	12-5	,Review
1/28	Fri.	5-8	Level 4 Test

LEVEL 5

2/11	Fri.	5-8	Anatomy
2/12	Sat.	11-5	Mat, Cadillac
2/13	Sun.	12-5	Reformer, Wunda Chair
2/20	Sun.	12-5	Spine Corrector, Review
3/11	Sun	5-8	LEVEL 5 Test