

Whole Body Gallery Classical Pilates Certification

Spring 2010 Course Syllabus

Pre-Course and LEVEL 1

5/7	Fri.	5-8	Orientation, History, Principles, Spine, Neutral spine, Pilates Language
5/8	Sat.	12-5	Pre-Pilates, Mat,
5/9	Sun.	11-5	Reformer
5/15	Sat.	12-5	Cadillac, Arm weights
5/16	Sun.	11-5	Wunda Chair, Review
6/4	Fri.	5-8	Level 1 Test

LEVEL 2

6/11	Fri.	5-8	Mat
6/12	Sat.	11-5	Reformer
6/13	Sun.	12-5	Cadillac, Pedi-Pole
6/19	Sat.	11-5	Wunda Chair, Review
7/2	Fri.	5-8	Level 2 Test

LEVEL 3

7/9	Fri.	12-6	Mat,
7/10	Sat.	11-5	Reformer, Jump Board,
7/11	Sun.	12-5	Anatomy, Cadillac, Large Barrel
7/17	Sat.	11-5	Wunda Chair, Review
8/6	Fri.	5-8	Level 3 Test

LEVEL 4

8/13	Fri.	5-8	Mat
8/14	Sat.	11-5	Reformer, Magic Circle
8/15	Sun.	12-5	Cadillac
8/21	Sat.	11-5	Wunda Chair, Review
9/10	Fri.	5-8	Level 4 Test

LEVEL 5

9/17	Fri.	5-8	Reformer, Mat
9/18	Sat.	11-5	Mat, Spine Corrector
9/19	Sun.	12-5	Reformer, Cadillac, Mat
9/25	Sat.	11-5	Wunda Chair, Review
10/22	Fri.	5-8	LEVEL 5 Test