



Core Dynamics Pilates Teacher Training Schedule 2010

New program changes begin May 2010*

New Mat Training

Weekend 1 – July 16 – 18

Weekend 2 – October 22 – 24

Level 1 Comprehensive Teacher Training

February 5 – 7

February 8 – 11 Mentoring Program between Level 1 and 2

June 4 - 6

June 7 - 10 Mentoring Program between Level 1 and 2

Level 2 Comprehensive Teacher Training

February 8 – 11

Mentoring Program between Level 1 and 2

February 12 – 14

June 7 - 10

Mentoring Program between Level 1 and 2

June 11 - 13

Level 3 Comprehensive Teacher Training

April 9 – 11

April 12 – 14 Mentoring Program between Levels 3 & 4

August 6 – 8

August 9 – 11 Mentoring Program between Levels 3 & 4

Level 4 Comprehensive Teacher Training

April 12 – 14, 2010

Mentoring Program between Levels 3 & 4

April 16 – 18, 2010

August 9 – 11, 2010

Mentoring Program between Levels 3 & 4

August 13 - 15, 2010

***Additional application requirements, changes in fees and workshop participant limits begin after May 2010**

Mat = teaching mat classes using props & fundamentals

Comprehensive = all equipment + mat in private/semi-private setting

Equipment Classes = groups of 4 to 8, reformer, chair, table classes

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