

The 2016/2017 STOTT PILATES Certification schedule at The Pilates Body Studio.

COURSES:

Intensive Reformer (IR) Course 50 hours | \$2,000

Fall 2016 | Oct 28, 29, Nov 4-6, 11, 12, 18-20
 Fri 3-8:30pm | Sat 2-7:30 | Sun 10-3:30pm

Intensive Stability Chair (ICHR) Course 15 hours | \$685

Fall 2016 | Nov 25-27
 Fri 3-8:30pm | Sat 2-7:30 | Sun 10-3:30pm

CEC's

Halo® Training: Building Intensive Interval Programs 4 hours | \$260

Fall 2016 | December 3
 2-6pm

STOTT PILATES® Programming 2 on the V2 Max Plus™ Reformer 2 hours | \$120

Fall 2016 | December 3
 6:30-8:30pm

STOTT PILATES® Flexion-Free Workshop 2 hours | \$120

Fall 2016 | December 4
 10-12pm

STOTT PILATES® Optimization of the Shoulder Complex 4 hours | \$240

Fall 2016 | December 4
 12:30-4:30pm

Total Barre™ Foundations Course December 11, 2016 7 hours | \$400

Fall 2016 | December 11
 10-5:30pm



2017

In addition to the STOTT PILATES courses you've come to expect, 2017 will see the addition of CORE programming here at The Pilates Body Studio. Keep an eye open for those dates and ensure you've opted in to our newsletter for updates.

For further information, please contact:

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