

Pilates Mat Instructor Certification

Movement Principles - \$325 (Virtual Training) 16 hours

Friday, October 9 4 - 8 p.m.
Saturday, October 10 8 a.m. - 6 p.m.
Sunday, October 11 8 a.m. - 12 noon

Course Description:

This is the entry-level course for Pilates Certification. Movement Principles provides a solid foundation for training in any environment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.



Mat I Module - \$325 (In person and/or Virtual Training) 16 hours

Friday, November 13 4 - 8 p.m.
Saturday, November 14 8 a.m. - 6 p.m.
Sunday, November 15 8 a.m. - 12 noon

Course Description:

Mat 1 Module forms the foundation of the Pilates Method. This course includes an introduction to the history and principles of the Pilates Method and the beginning and intermediate level exercises. Each exercise includes training on modifications, challenges, the purpose of the exercise and any precautions for injuries and special populations. How to design and teach group classes and guidelines for teaching seniors and pre and post-natal classes are included.



Mat II Module - \$325 (16 hours)

Schedule to be determined.

Course Description:

Mat 2 teaches the remaining intermediate and advanced level Mat exercises for a complete understanding of the Pilates Mat program. Lectures include progressive skill development to achieve the advanced exercises, programming for the intermediate and advanced levels and creating successful Mat classes.

Mat III Enhanced Mat and Props - \$325 (16 hours)

Schedule to be determined.

Course Description:

Enhanced Pilates Mat completes the Mat training by adding rings, rollers, bands and balls to the traditional Mat exercises. In addition, Enhanced Mat includes functional exercises for the upper and lower body expanding the Mat work beyond the core to develop whole body strength and flexibility. Adding props to a Mat class makes them more dynamic creative and accessible and clients love toys!

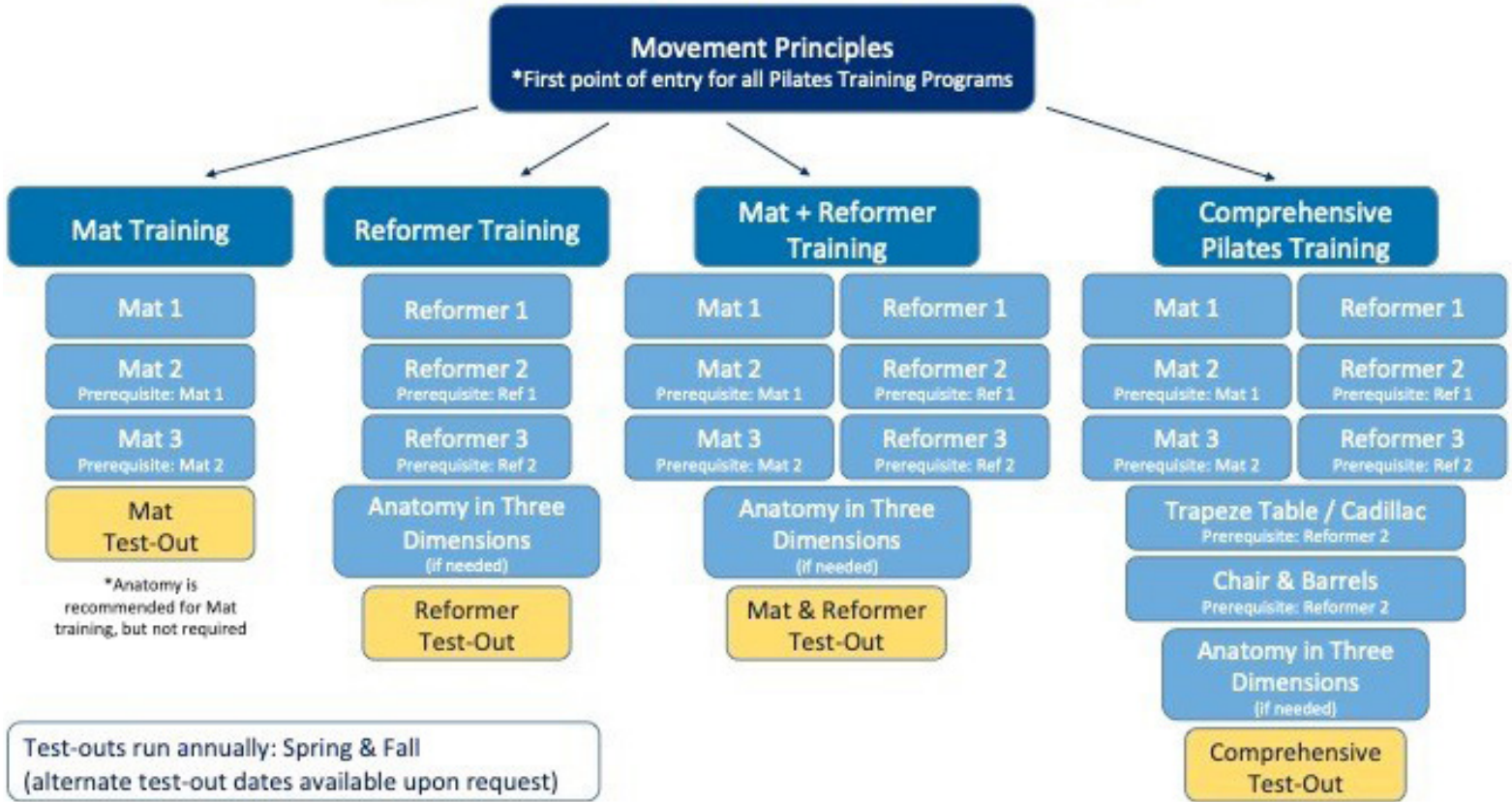
All courses taught by Amy Beversdorf and Pamela Luedtke.

Questions? Contact abeversd@uwsp.edu and/or pluedtke@uwsp.edu

More Info/Registration: www.uwsp.edu/Pilates

Students who successfully complete this program will receive a Certificate of Completion as a Pilates Mat Instructor. Completion of this program also provides all necessary prerequisites to continue the full Comprehensive Pilates Training program at any Balanced Body Authorized Training Center world-wide.

Balanced Body Pilates Teacher Training



More Info/Registration: www.uwsp.edu/Pilates

Students who successfully complete this program will receive a Certificate of Completion as a Pilates Mat Instructor. Completion of this program also provides all necessary prerequisites to continue the full Comprehensive Pilates Training program at any Balanced Body Authorized Training Center world-wide.



School of Performing Arts
College of Fine Arts & Communication
University of Wisconsin - Stevens Point

