



ASPIRE to a Higher Level of **Pilates Professionalism.** **INSPIRE** Others to **Transform Their Lives.**

Basic Mat Program

PREREQUISITES

- None
- 15 hours of mat classes

COURSE FORMAT

- 16 Contact hours

CERTIFICATION

None. A Certificate of Attendance will be awarded upon successful completion.

COST

Registration Fee: \$350.00
Materials Fee: \$140.45

BASIC MAT

May 9-10, 2008
Times: 10:00am - 7:00pm

The Peak Pilates Basic Mat Program

consists of a progressive and systematic three-part series totaling a cumulative 203 hours of contact, practice teaching, personal practice, and observation. The Basic Mat course is a feeder course preparing you for the Intermediate and Advanced Mat courses and is without assessment. Your journey to becoming a Pilates Mat teacher begins as you learn the foundations of Pilates. The first step is an examination of how to execute the exercises, as well as an introduction to teaching the Classical form of Pilates in a very clear and concise manner.

COURSE LOCATION:

Fitness First Health Clubs
6270 Arlington Blvd.
Falls Church, Virginia 22044

Call 703.538.2300
for more information

**PeakPilates**[®]

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visit peakpilates.com
Call 800.925.3674 to Register or
e-mail education@peakpilates.com**