

Peak PilateSystem®

2008 Programs



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

The Peak PilateSystem® Education series is designed for the busy professional or student who seeks authentic, complete, and progressive Pilates education delivered in a time efficient manner. The 3 part Series is designed to be a progressive educational path, with each subsequent course building upon the others to form a full certification.

LOCATION:

Precision Pilates
326 First Street Suite 21
Eastport, MD 21401
410.279.1430
www.precision-pilates.net



PPS-I	PPS-II	PPS-III
<p>PREREQUISITES</p> <ul style="list-style-type: none"> • A recognized qualification in anatomy and kinesiology either through a fitness certification or other course. • CPR/Current First Aid Certificate. • 20 hours Pilates training or Peak Introductory Course. <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 58 Contact hours • 100 hours personal practice, teaching and observation. • 158 Total Hours <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing Score on all exams, a Peak PilateSystem Level-I Certification is awarded. <p>COST \$2,200 <i>materials not included</i></p>	<p>PREREQUISITES</p> <ul style="list-style-type: none"> • Successful completion of PPS-I plus 145 logged prerequisite hours (broken into 60 hours of personal practice and 85 hours of teaching). • CPR/Current First Aid Certificate. <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 28 Contact hours • 50 hours personal practice and teaching . • 223 Total Hours (includes 145 prerequisite hours) <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Level-II Certification is awarded. <p>COST \$1,125 <i>materials not included</i></p>	<p>PREREQUISITES</p> <ul style="list-style-type: none"> • Successful completion of PPS-II • CPR/Current First Aid Certificate. <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 21 Contact hours • 50 hours personal practice and teaching. • 71 Total Hours • 452 CUMULATIVE HOURS <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Professional Certification is awarded. <p>COST \$925 <i>materials not included</i></p>
<p>PPS-I DATES</p> <p>Session 1: March 28-30, 2008 Session 2: May 2-4, 2008 Session 3: June 6-8, 2008 Session 4: July 25-26, 2008</p>	<p>PPS-II DATES</p> <p>Session 1: May 15-18, 2008 Session 2: July 27, 2008</p> <p>Session 1: November 6-9, 2008 Session 2: TBD</p>	<p>PPS-III DATES</p> <p>Session 1: August 1-3, 2008 Session 2: October 18, 2008</p>
<p>ADDITIONAL UPCOMING WORKSHOPS:</p> <p>Level I Chair & Barrel: March 14-15, 2008 Level I Chair and Barrel: April 20-21, 2008 @ Teaser Pilates Basic Mat: May 9-10, 2008 @ Fitness First Basic Mat: June 28-29, 2008 @ Fitness First Level II Chair & Barrel: June 20-21, 2008</p>		

*Dates subject to change. Please visit www.peakpilates.com for the most current schedule

To register or to see a complete list of scheduled trainings visit peakpilates.com. For more information call 800.925.3674