

Pilates Instructor Training Program

# Reformer 1 and Movement Principles Instructor Training - Global

**When:**

Friday 9/21/2018 - Sunday 9/23/2018

Friday 12pm - 6pm

Saturday 12pm - 6pm

Sunday 9am - 3pm

**Where:**

Body Evolve

1770 First Street Suite 205

Highland Park IL 60035

847-926-8490

<http://www.bodyevolve.com>

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**Cost:**

\$600.00 (regular) plus \$80.00 for teaching materials

**To Register:**

Go to [Pilates.com/education-finder](http://Pilates.com/education-finder) and

choose Educator: 'Body Evolve'

or contact us at 877-745-2837

Reformer 1 includes an introduction to the Pilates Reformer including set up and safety, beginning exercises, program sequencing and teaching tips for group classes. By the end of the course you will be able to teach a beginning Reformer group class or personal training session.

