

# Become a Certified Mat Pilates Instructor

Course Costs

**\$1499**

(includes hardcopy manual  
and assessment modules)

## Train to be a Pilates Mat Instructor with Core Pilates & Mind

This comprehensive course will give you all the tools you need to become an exceptional instructor. Our 20 hour in person training covers **Anatomy, repertoire, class planning and more**, so that you walk away confident and ready to teach. You'll have access to your teachers as mentors and our beautiful studio as you complete your observation and co-teaching hours. We're here to guide you every step of the way so that you step into your teaching career equipped to teach exceptional classes.

**We can't wait to meet you!**

**Saturday 17 February**

11:30am to 5:00pm

**Sunday 18 February**

10:30am to 5:00pm

**Saturday 24 February**

11:30am to 5:00pm

**Sunday 25 February**

10:30am to 5.00pm

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This is a practical course held at  
**Core Pilates and Mind Studio,**  
**Northwood Supa Centa:**  
Level 1, Unit J A, 1 Radcliffe Road,  
Belfast

**This is a REPS accredited qualification.**



[corepilatesandmind.com](http://corepilatesandmind.com)



NZ Register of Exercise Professionals  
Continuing Professional  
Development Provider