

Become a Certified Reformer Pilates Instructor

Train to be a Pilates Reformer Instructor with Core Pilates & Mind

Focused on developing a strong proficiency on the Reformer, completion of the course will set students up with a strong foundational knowledge in theory, exercises and skill. Leaving them ready to teach clients safely and effectively in a group class or one on one environment.

Saturday 9 March

11:30am to 5:00pm

Sunday 10 March

10:30am to 5:00pm

Saturday 16 March

11:30am to 5:30pm

Sunday 17 March

10:30am to 5:00pm

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.

Course Costs

\$1699

(includes hardcopy manual and assessment modules)

This course covers:

- Skeletal System
- Major Muscles
- Movement Terms
- Pilates Principals
- Benefits of Pilates
- History of Pilates
- Allegro2
- Cueing Formula
- Exercises
- Programming
- Assessments

