

## *Courses Offerings*

### *The Choice Is Yours!*

PCC offers two options for becoming a Certified Pilates Instructor:

#### *A La Carte Classes*

You sign up for ONE ASPECT OF INSTRUCTION AT A TIME.

#### *Comprehensive Programs*

You sign up for a COMPREHENSIVE PROGRAM, YOU RECEIVE A DISCOUNT.

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### *Comprehensive Programs*

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\* YOU CAN REGISTER AND PAY FOR MAT LEVELS I AND II AT LEAST ONE MONTH IN ADVANCE AND SAVE OF \$30.00!).

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### *Mat Level 2*

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MAT LEVEL I IS A PREREQUISITE FOR THIS CERTIFICATION.

**Tuition: \$520.00**

**PROGRAM LENGTH:** Two-day weekend intensive workshop

**HOURS OF INSTRUCTIONAL TIME:** 18

**PREREQUISITES:** Studying and practicing Healthy to the Core Level 2; MUST HAVE COMPLETED PCC'S MAT LEVEL I CERTIFICATION

**Books/MATERIALS:** PCC will provide at the certification

**Upon satisfactory completion, you will be certified to: TEACH A LEVEL III AND IV class**

*You will learn the following about the basic exercises of the Pilates method:*

- \* HOW TO ADD CHOREOGRAPHY ONTO EXISTING EXERCISES
- \* HOW YOU CAN MAKE AN EXERCISE MORE CHALLENGING
- \* HOW TO DESIGN CLASSES FOR SPECIAL POPULATIONS SUCH AS SENIORS, ETC.
- \* HOW TO INCORPORATE EXERCISES INTO OTHER GROUP FITNESS CLASSES SUCH AS YOGA AND AEROBICS OR ADD THE MOVES TO THE REGIMENS OF PERSONAL TRAINING CLIENTS