



PILATES REFORMER 1 INSTRUCTOR TRAINING

with
Paula Anderson

The Pilates Reformer is an extraordinarily versatile piece of exercise equipment allowing resistance and support for exercises involving every part of the body. Our program gives you a thorough understanding of how to use the Reformer to develop core and extremity strength, stability, flexibility, coordination and balance. The wide range of exercises provides a stimulating and fun workout for clients at any level of ability. Class program design will be covered in detail.

Reformer 1

Reformer 1 Includes BBU Movement Principles with an emphasis on alignment, and an introduction to the Pilates Studio 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 design and teach a beginning Reformer group class or personal training sessions. 18 hours. *Prerequisites: 2 years experience teaching movement, anatomy, 30 Pilates Reformer classes. BBU Pilates Mat instructor training or equivalent (102 total hours) is required.*

- 2010 DATES: Friday, March 12, 12:30 pm—5:00 pm
Saturday, March 13, 9:00 am—5:00 pm
Sunday, March 14, 9:00 am—5:00 pm
- COST: *\$450 + \$50 for the Comprehensive BBU Reformer 1 Manual
- CEC'S: American Council on Exercise (ACE): 1.4
- PLACE: BBU Host Site: Pilates Power Center, 191 S. Oak Park Blvd. #7, Grover Beach, CA
- CONTACT PERSON: Paula Anderson at (805) 489-6368 or paula@pilatespowercenter.com
- SIGN-UP: On line at www.bbupilates.com. Space is limited. Sign up today!
- YOUR PRESENTER: *Paula Anderson, MS* is a Polestar Pilates and PMA Certified Pilates Trainer and a faculty member of Balanced Body University. She is the owner of Pilates Power Center in Grover Beach, California, a host site for BBU trainings.

To become a fully qualified Balanced Body University Reformer Instructor, students must complete the following: Mat 1 and Mat 2 or equivalent (minimum of 102 hours of course work, student teaching, observation and personal practice hours), Reformer 1-3 including course work, written and practical tests, 50 personal sessions and 100 student teaching hours OR 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours, and pass a separate final written and practical test. Total hours for completion of Mat and Reformer: 300. The final test out is not included in Reformer training.