

PILATES TRAPEZE TABLE, CHAIR, AND BARRELS

with
Paula Anderson

Balanced Body University Trapeze Table, Chair and Barrels Training completes the full Comprehensive Pilates instructor qualification program. Beginning through advanced repertoire on the Trapeze Table, Chair, Ladder Barrel and Step Barrel are included. Completing these 3 modules gives you a great variety of tools to use when working with one-on-one clients and small groups in the Pilates environment. The full apparatus training includes detailed exercise instruction on the Pilates Trapeze Table, "Wonda" Chair and split pedal Chair, as well as the Ladder Barrel and step barrel; a separate comprehensive manual for each apparatus; cueing, coaching, safety and teaching tips for clients at different levels of ability; a variety of lectures to enhance your teaching techniques; program sequences for classes and personal training sessions; as well as equipment safety and set-up.

Trapeze Table, Chair and Barrels: Module 1

Trapeze Table, Chair and Barrels, Module 1 covers the beginning Trapeze Table, Pilates Chair, and Barrels repertoire. It includes set up and safety and designing workouts incorporating these apparatus into group and private sessions. 14 hours.

2010 DATES: Saturday, April 24, 9:00 am—5:00 pm
Sunday, April 25, 9:00 am—5:00 pm
COST: \$450 + \$150 for the 3 Comprehensive Manuals (Trap Table, Chair, and Barrels)
CEC'S: American Council on Exercise (ACE): 1.4

Trapeze Table, Chair and Barrels: Module 2

Trapeze Table, Chair and Barrels, Module 2 covers the intermediate Trapeze Table, Pilates Chair, and Barrels repertoire and lectures on working with back issues. 12 hours.

2010 DATES: Saturday, May 22, 9:00 am—4:00 pm
Sunday, May 23, 9:00 am—4:00 pm
COST: \$425
CEC'S: American Council on Exercise (ACE): 1.2

Trapeze Table, Chair and Barrels: Module 3

Trapeze Table, Chair and Barrels, Module 3 incorporates the advanced Trapeze Table, Pilates Chair, and Barrels repertoire and training for strength on the Chair. 12 hours.

2010 DATES: Saturday, June 12, 9:00 am—4:00 pm
Sunday, June 13, 9:00 am—4:00 pm
COST: \$425
CEC'S: American Council on Exercise (ACE): 1.2

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:	<i>Paula Anderson, MS</i> 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 Comprehensive Pilates Instructor, students must complete the following: Anatomy, Mat 1 and Mat 2 or equivalent (minimum of 102 hours of course work, mat student teaching, mat observation and personal practice hours), Reformer 1-3 including course work, written and practical tests, 50 Reformer personal sessions and 100 Reformer student teaching hours OR 30 Reformer personal sessions, 30 Reformer observation hours and 90 Reformer student teaching hours, Trapeze Table, Chair and Barrels 1, 2 and 3, including course work, written and practical tests, 45 personal apparatus sessions and 105 apparatus teaching hour or 35 personal apparatus sessions, 20 apparatus observation hours and 95 teaching hour, and pass a separate final written and practical test. Total hours for completion to qualify for Comprehensive Pilates Instructor: 488. The final test out is not included in this training.