

Monday, September 12, 2011

Pilates Academy International - Pilates Instructor Training & Certification

Romy Northover training@pilatesonfifth.com Director of Administration Pilates Academy International 501 Fifth Avenue, 22nd Floor New York, NY 10017 212-687-3787

► [Share](#) | [Print](#) | [Download](#)

The Pilates Academy International offers the following training courses:

Anatomy, Biomechanics & Posture Review
All Populations Mat
Mat Progressions/ Challenge
All Populations Reformer
Reformer Progressions/Challenge
All Populations Cadillac
Cadillac Progressions/ Challenge
All Populations Chair
Chair Progressions/ Challenge
All Populations Barrels
Barrels Progressions/ Challenge
Special Conditions: Foundations & Mat
Special Conditions: Reformer
Special Conditions: Cadillac
Special Conditions: Chair & Barrels
Programming for Results: All Equipment

CLICK - <http://pilatesonfifth.com/InstructorTraining.shtml> or contact Romy at training@pilatesonfifth.com for more information.

Romy Northover training@pilatesonfifth.com Director of
Administration Pilates Academy International 501 Fifth Avenue,
22nd Floor New York, NY 10017 212-687-3787

[< back](#)

[previous listing](#) • [next listing](#)