

Wednesday, March 28, 2012

Pilates Certification Course

Elizabeth Lucrezio, elucrezio@dnadance.org or 212.625.8369 x205

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

STEELE Pilates and Dance New Amsterdam are offering an opportunity to become certified in Basic Mat Pilates. The Basic Mat Certification Course will teach the principles basic to Pilates as well as Personal Training. The students will learn how to teach and perform the Pilates Mat Exercise Series in its original order. We will then discuss how, when and why to apply personal training principles to a Pilates session or group class. Modifications and cuing techniques will also be discussed, as well as contraindications for special populations. The Dance New Amsterdam Pilates Mat Certification is accredited by the Pilates Method Alliance.

The course runs:

Friday, April 20 2:30–7:30pm

Saturday, April 21 2:30–7:30pm

Sunday, April 22 2:30–7:30pm

Saturday April 28 2:30–7:30pm

Sunday April 29 2:30–7:30pm

Elizabeth Lucrezio, elucrezio@dnadance.org or 212.625.8369 x205 |

[< back](#)

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