

FOR AUDIENCES

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Wednesday, September 18, 2019

COMPREHENSIVE PILATES TEACHER TRAINING PROGRAM

Company: GRAMERCY PILATES NYC

Venue: GRAMERCY PILATES NYC

Location: New York, NY

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Gramercy

GRAMERCY PILATES NYC

COMPREHENSIVE PILATES MAT AND EQUIPMENT TEACHER TRAINING PROGRAM.

PROGRAM OVERVIEW

In-depth Lecture Sections that provide a comprehensive learning foundation of Human Anatomy and Kinesiology.

Progressive learning approach that integrates Anatomy and Kinesiology with our Movement Principles showing factual evidence of how and why Pilates exercises really work!

Classical and Contemporary Mat and Equipment Training for Beginner through Advanced levels as well as for clients with medical conditions.

Equipment training includes the Reformer, Cadillac, Chair, Barrel, Spine Corrector, Magic Circle and many other Pilates props. .

Special Population and Clients with Injuries Lecture Sections covering postural and alignment issues, disc herniations, shoulder, neck, knee, hip, ankle and foot problems, pre and post natal and much more. .

Educational studio environment that includes Supervised Teaching, On-Going Student Evaluations and Testing to ensure that you are progressing to the best of your teaching ability.

All-Inclusive Tuition and fully transparent with no "hidden costs". Your tuition covers everything!

Upon completion of our Comprehensive Pilates Teacher Training Program, you will receive a Certificate and may then take the test to become a Pilates Method Alliance (PMA) Certified Teacher

We have Work/Study position available! Work at our front desk to pay off your tuition. Call 212-727-7896 or visit our website.

<https://www.gramercypilatesnyc.com/teaching-program#teaching-program/overview>

GRAMERCY PILATES NYC

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New York, NY, 10003

2127277896

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Schedule

September 18, 2019: 9:00am

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