

April 22 - June 24, 2015

## Pilates Apparatus & Mat Work-Study Exchange

Company: The Lab

Venue: The Lab

Location: Brooklyn, NY

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Jack Louth

The Teaching Lab Pilates Apparatus Certification is a 620 hour course covering the Reformer, Wunda Chair and Cadillac Pilates apparatus. Our contemporary approach focuses on the development of the eye and intellect of the instructor to properly access postural imbalances and apply the most effective exercise selection possible to rebalance the body of each individual client. Students are encouraged to utilize the primary principles of Pilates to innovate new exercises using the versatile equipment. Our goal is to prepare and inspire our instructors to constantly add to the growth of the Pilates community and to their own practice in the most mindful and effective way possible. Two written and two practical exams are administered during the course of the 620 hour certification to insure the student is on the right track and to guide toward highlighting the natural strengths and improving the any possible weakness. Written materials cover the history of Pilates, anatomy as it relates to the Pilates exercises, planes of movement, modifications, special populations, assessment and evaluation of clients at their first session as well as cues, set up, purpose and modifications for all the reformer, chair and Cadillac exercises contained in the course. Class size is limited to 6 participants to insure proper instruction and individual attention.

The work-study program entails swapping hours working our front desk in exchange for a comprehensive course of study including Pilates Mat and Apparatus certification or the Apparatus only course work. Computer and management skills are a plus. We're looking for hard working, responsible people with a heavy dose of common sense who are capable of representing The Lab. Check the website for course description and hourly requirements [www.labfitnyc.com](http://www.labfitnyc.com).

Lectures will be held Wednesdays; April 22nd- June 24th, 2015

Lectures are held from 1-5pm. All other hourly requirements can be completed around your schedule. Please send your resume and cover letter for consideration.

The Lab  
77 Front St. 2nd floor  
Brooklyn, NY, 11201  
718-237-0207  
<http://www.labfitnyc.com>

Schedule  
March 5, 2015: 8:00pm

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