

Friday, December 13, 2013 - Friday, May 2, 2014

## Core Mat 1

Company: Power Pilates

Venue: Power Pilates NYC

Location: New York, NY

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The Core Mat I program is the foundation of the Power Pilates method. Each subsequent program builds upon the information learned during this course. You will learn to teach the 18 beginner level mat exercises and be introduced to Power Pilates teaching tools, philosophy, and teaching formula.

Power Pilates

Power Pilates 920 Third Ave. 6th Floor

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<https://www.powerpilates.com/registration/event.php?event=637>

Schedule

December 13, 2013: 6:00pm

May 2, 2014: 4:00pm

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