

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

[< back](#)

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