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Pilates Academy International - Pilates Instructor Training & Certification

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The Pilates Academy International offers the following training courses:

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 All Populations Mat
 Mat Progressions/ Challenge
 All Populations Reformer
 Reformer Progressions/Challenge
 All Populations Cadillac
 Cadillac Progressions/ Challenge
 All Populations Chair
 Chair Progressions/ Challenge
 All Populations Barrels
 Barrels Progressions/ Challenge
 Special Conditions: Foundations & Mat
 Special Conditions: Reformer
 Special Conditions: Cadillac
 Special Conditions: Chair & Barrels
 Programming for Results: All Equipment

CLICK - <http://pilatesonfifth.com/InstructorTraining.shtml> or contact Romy at training@pilatesonfifth.com for more information.

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