



Classical Pilates Learning Center

Course Syllabus July 2008

Pre-Course- Introduction to Pilates & Anatomy

7/05/08	Saturday	1pm-5pm	Orientation, History Principles, Spine, Stabilizers, Neutral spine, Pilates Language
7/06/08	Sunday	12pm-3pm	Anatomy, Pre-Pilates

Level 1

7/11/08	Friday	5pm-8pm	Mat
7/12/08	Saturday	12pm-6pm	Reformer
7/13/08	Sunday	10am-4pm	Cadillac, Wunda Chair
7/26/08	Saturday	12pm-6pm	Arm Weights, Review
7/27/08	Sunday	10am-4pm	Anatomy & Posture, Teaching Skills

Level 2

8/22/08	Friday	5pm-8pm	Level 1 Test
8/23/08	Saturday	12pm-6pm	Reformer
8/24/08	Sunday	10am-4pm	Mat, Wunda Chair
8/30/08	Saturday	12pm-6pm	Cadillac, Pedi-Pole
8/31/08	Sunday	10am-4pm	Anatomy & Posture, Teaching Skills

Level 3

9/26/08	Friday	5pm-8pm	Level 2 Test
9/27/08	Saturday	12pm-6pm	Mat, Cadillac,
9/28/08	Sunday	10am-4pm	Reformer, Jump board
10/04/08	Saturday	12pm-6pm	Large Barrel, Wunda Chair,
10/05/08	Sunday	10am-4pm	Anatomy & Posture, Teaching Skills

Level 4

11/07/08	Friday	5pm-8pm	Level 3 Test
11/08/08	Saturday	12pm-6pm	Reformer
11/09/08	Sunday	10am-4pm	Mat, Magic Circle
11/15/08	Saturday	12pm-6pm	Wunda Chair, Cadillac,
11/16/08	Sunday	10am-4pm	Anatomy & Posture, Teaching Skills

Level 5

12/01/08	Friday	5pm-8pm	Level 4 Test
12/13/08	Saturday	12pm-6pm	Mat, Wunda Chair
12/14/08	Sunday	10am-4pm	Reformer
1/10/08	Saturday	12pm-6pm	Cadillac, Spine Corrector
1/11/08	Sunday	10am-4pm	Anatomy & Posture, Teaching Skills

1/30/09	Friday	2pm-5pm	Level 5 Test
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