



# **ASPIRE** to a Higher Level of Pilates Professionalism. **INSPIRE** Others to Transform Their Lives.

Mat: Basic Certification Program

## Basic Mat Certification

The Peak Pilates® Mat Certification Program provides a solid foundation in the classical mat exercises, while delivering the tools necessary to progress individual clients and group classes safely and effectively in a health club or studio setting. The program teaches the introductory through advanced exercises, while layering in building blocks, modifications and exercise guidelines designed to make you a more confident and effective teacher. Students are coached on how to effectively communicate and teach the exercises in a dynamic and impactful format.

### **COURSE LOCATION:**

Body Lab Wellness and Pilates Studio  
102 Odell Ave  
Endicott, NY 13760  
607 621 8285

### **PREREQUISITES**

1. 20 hours of mat classes
2. Review of all Peak DVDs
3. Current CPR/First Aid Certificate

### **COURSE FORMAT**

- 16 Contact hours + 2 hour assessment
- 10 observation hours, 10 personal practice hours and 10 teaching hours
- 46 total hours

### **CERTIFICATION**

Upon successful completion of all assignments and a passing score on all exams, a Peak Pilates Basic Mat Certificate is awarded.

### **COST**

Registration Fee: \$299.95  
Materials and Shipping Fee: \$99.95

Basic Mat

Jan. 21-22, 2012  
Cost: 299.95 +  
\$99.95 for materials

*Please contact Francine Finucan for more information at 607 621 8285. You can register online at [www.PeakPilates.com](http://www.PeakPilates.com)*

**PeakPilates®**

