



2010 Teacher Training Programs

Beginner, Intermediate & Advanced Pilates Mat Weekend Training Dates

January 15-17 (Beginner Mat) / January 22-24 (Intermediate Mat)
February 6-7 (Advanced Mat)
April 16-18 (Beginner Mat) / April 23-25 (Intermediate Mat)
May 1-2 (Advanced Mat)
June 11-13 (Beginner Mat) / June 18-20 (Intermediate Mat)
July 10-11 (Advanced Mat)
September 10-12 (Beginner Mat) / September 24-26 (Intermediate Mat)
October 2-3 (Advanced Mat)
November 5-7 (Beginner Mat) / November 12-14 (Intermediate Mat)

Comprehensive Training Program Weekend Intensive Dates

Spring 2010 Program
Weekend 1 / May 14-16
Weekend 2 / June 11-13
Weekend 3 / July 9-11
Weekend 4 / August 6-8

Fall 2010 Program
Weekend 1 / October 15-17
Weekend 2 / November 12-14
Weekend 3 / December 10-12
Weekend 4 / January 7-9

System Training: Level 1 (Beginner/Intermediate) Weekend Intensive Dates

Winter 2010 Program
Weekend 1 / February 19-21
Weekend 2 / March 5-7
Weekend 3 / March 19-21
Weekend 4 (test-out) / April 9-10

Summer 2010 Program
Weekend 1 / July 23-25
Weekend 2 / August 6-8
Weekend 3 / August 27-29
Weekend 4 (test-out) / September 10-11

System Training: Level 2 (Intermediate) Weekend Intensive Dates

Weekend 1 / October 1-3
Weekend 2 / October 15-17
Weekend 3 / October 29-31
Weekend 4 (test-out) / November 19-20

System Training: Level 3 (Advanced)

Dates for three weekend intensives to be collectively determined by participants.



2010 Teacher Training Programs

| Pilates Mat Programs | |
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| Complete Mat Package (Beginner, Intermediate and Advanced): | \$1,300 (save \$200) |
| Dual Mat Package (Beginner & Intermediate): | \$900 (save \$100) |
| Single Mat Program: | \$500 |
| Certified through another Pilates organization? Each mat program: | \$350 |

| Pilates Apparatus Programs* : | |
|--|----------------------|
| Comprehensive Training: | \$4,000 |
| Total Comprehensive Package (Beginner Mat/Intermediate Mat/Comprehensive Training): | \$4,750 (save \$250) |
| System Training Level 1: | \$2,800 |
| System Training Level 2: | \$2,800 |
| System Training Level 3: | \$1,300 |
| Total System 1 Package: (Beginner Mat/Intermediate Mat/System 1 Training) | \$3,550 (save \$250) |

*payment plans available

For more information on Power Pilates teacher training programs, please call Davidson Reid at 404.817.0900. Unless otherwise specified, all programs will be held at Studio Lotus at 1145 Zonolite Road and taught by Senior Teacher Trainers, Davidson Reid and Anne Brendle. To register for all teacher training programs, please complete the Power Pilates Student Application Form, and mail or fax directly to Power Pilates.

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