



CORE REFORM™ TEACHER TRAINING with Ole and Fhe

The modern adaptation of traditional Pilates and functional fitness, Core Reform™ is a simple approach to movement that promises to strengthen, lengthen and tone.

This course is designed to provide instructors with a practical guide on how to teach Pilates Reformer in a group setting. Learn how to teach a workout, connecting breath and movement, while working the body in a tension-free manner. Be inspired to teach as clients develop muscle and motor control in pre-programmed exercises that challenge the body in multiplane movements and take the Pilates Reformer to a whole new level. Learn to incorporate the use of small props, such as weighted balls and the thera band, with the Pilates reformer. Master variations and modifications that are suitable for all fitness levels.

CORE REFORM

Date: 20 & 21 May 2017, 27 & 28 May 2017

Time: Saturday 20th & 27th : 03:00pm - 07:00pm

Sunday 21st and 28th : 04:00pm - 07:00pm

Cost: \$1000.00 (Prices inclusive of GST) Early Bird \$900.00

Course Inclusions

CORE REFORM manual, CORE REFORM routines release 1 to 4.

Continuing Education Credits

CORE REFORM : 1.2

CORE BARRE : 1.2

AIS : 1.2

Course Requirements

Fitness Instructor/ Fitness Coaches with knowledge and background of Functional Anatomy

Pilates Certified or trained

CORE BARRE Certified or CORE SUSPEND Smart Movement® Instructor

For more information or to book, please contact COMO Shambhala Urban Escape, Singapore

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