

# Group Mat Instructor Training

March 8th & 9th

\*Must register for The Pilates Krewe Reformer Program to qualify\*



balanced body®

## Group Mat

FOR FITNESS PROFESSIONALS

Start or expand your Pilates Mat Training & learn how to create Pilates Mat classes to keep members coming back! We partnered with Balanced Body Education® to tailor this innovative curriculum just for our Instructors. Based on movement science and the Pilates method, our Group Mat Training is adaptable to meet our members' needs and your personal style. Learning Pilates Mat fundamentals will give you the knowledge to add variety to all of your classes and the tools to elevate your coaching and cueing skills!



### The Pilates Krewe

9568 West Linebaugh Ave, Westchase, Florida, 33626, United States

Questions? Contact [katie@pilateskrewe.com](mailto:katie@pilateskrewe.com)

Registration Link: <https://www.pilates.com/class/Mat-Program-for-Fitness-Professionals-187134>

Space Limited

**REGISTER TODAY!**