



# Upcoming Weekend Course Dates for 2008

To apply please contact Beth White at 212-687-3787 or email [training@pilatesonfifth.com](mailto:training@pilatesonfifth.com)

## **Anatomy, Biomechanics & Posture Review (ABP) 12 hours, 1 weekend**

**Courses Held:** Friday 4pm-8pm, Saturday and Sunday 10am-2pm

### **Weekend/Spring -**

May 16, 17, 18

### **Weekend/Fall -**

September 5, 6, 7

Group \$360      Private \$540      Manuals \$50

## **All Populations Mat (APM) \* 35 hours, 3 weekends**

**Courses Held:** One Friday Only 3pm-8pm, Saturdays and Sundays 10am-3pm

### **Weekend/Spring-**

June 6-8/ June 14-15/ June 21-22

### **Weekend/Fall -**

September 19-21/ Sept. 27-28/ October 4-5

Group \$980      Private \$1,375      Manual \$28      Exam \$225

## **Mat Progressions/Challenge (MPC)\*\* 6 hours, 1 day**

**Courses Held:** Saturday 10am-4pm

### **Weekend/Spring-**

May 31

### **Weekend/Fall -**

September 13

Group \$195      Private \$305      Manual \$18.50      Exam \$50

## **All Populations Reformer (APR)\* 50 hours, 4 weekends**

**Courses Held:** One Friday Only 2pm-8pm, Saturdays and Sundays 10am-3:30pm

### **Weekend/Summer-**

July 11-13/ July 19-20/ July 26-27/ August 2-3

### **Weekend/Fall -**

October 17-19/ Oct. 25-26/ November 1-2/ Nov. 8-9

Group \$1,600      Private \$2,240      Manual \$40      Exam \$225

## **Reformer Progressions/Challenge (RPC)\*\* 20 hours, 2 weekends**

**Courses Held:** Saturdays and Sundays 10am-3pm

### **Weekend/Summer-**

June 14-15/June 21-22

### **Weekend/Fall-**

September 27-28/ October 4-5

### **Weekend/Winter-**

December 6-7/ Dec. 13-14

Group \$575      Private \$700      Manual \$25      Exam \$50

\* Prerequisite: ABP

\*\*Prerequisite: Corresponding All Populations Course

**All Courses are subject to cancellation two weeks before the start of a course, if student minimum is not met.**

# Upcoming Weekend Course Dates for 2008 cont.

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## **All Populations Cadillac (APCadillac)\* 35 hours, 3 weekends**

**Course Held:** One Friday Only 3pm-8pm, Saturdays and Sundays 10am-3pm

### **Weekend/Spring-**

May 2-4/ May 10-11/ May 17-18

### **Weekend/Summer-**

August 15-17/ 23-24/ September 6-7

Group \$980 Private \$1,330 Manual \$42 Exam \$225

## **Cadillac Progressions/Challenge (CadillacPC)\*\* 12 hours, 1 weekend**

**Course Held:** Saturday and Sunday 10am-4pm

### **Weekend/Summer-**

July 12-13

### **Weekend/Fall -**

October 18-19

Group \$410 Private \$575 Manual \$25 Exam \$50

## **All Populations Chair (APChair)\* 15 hours, 1 weekend**

**Course Held:** Friday 3pm-8pm, Saturday and Sunday 10am-3pm

### **Weekend/Spring-**

May 30-June 1

### **Weekend/Fall -**

September 12-14

Group \$500 Private \$745 Manual \$35 Exam \$225

## **Chair Progressions/Challenge (ChairPC)\*\* 6 hours, 1 day**

**Course Held:** Saturday 10am-4pm

### **Weekend/Summer-**

July 19

### **Weekend/Fall -**

October 25

Group \$205 Private \$290 Manual \$20 Exam \$50

## **All Populations Barrels (APBarrels)\* 10 hours, 1 weekend**

**Course Held:** Saturday and Sunday 10am-3pm

### **Weekend/Summer-**

June 7-8

### **Weekend/Fall-**

September 20-21

Group \$270 Private \$380 Manual \$35 Exam \$225

## **Barrels Progressions/Challenge (BPC)\*\* 6 hours, 1day**

**Course Held:** Sunday 10am-4pm

### **Weekend/Summer-**

July 20

### **Weekend/Fall -**

October 26

Group \$150 Private \$200 Manual \$15 Exam \$50

\* Prerequisite: ABP

\*\*Prerequisite: Corresponding All Populations Course

All Courses are subject to cancellation two weeks before the start of a course, if student minimum is not met.