



# Upcoming Weekend Course Dates for 2010

To apply please call 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/Winter -**

January 22, 23, 24

### **Weekend/Summer -**

June 11, 12, 13

Group \$360      Private \$540      Manuals \$60.95

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

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

### **Weekend/Winter-**

January 29-31/ February 6-7/ 20-21

### **Weekend/Summer -**

June 18-20/ 26-27/ August 10-11

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

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

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

### **Weekend/Spring-**

March 13

### **Weekend/Summer -**

June 6

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/Winter-**

February 26-28/ March 6-7/ 20-21/ 27-28

### **Weekend/Summer -**

July 16-18/ 24-25/ 31-August 1/ 7-8

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 12-13/ 19-20

### **Weekend/Winter-**

December 11-12/ 18-19

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

**\* Prerequisite: ABP**

**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 2010 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/Winter-**

January 8-10/ 23-24/ 30-31

### **Weekend/Spring-**

April 9-11/ 17-18/ 24-25

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 17-18

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/Winter-**

February 5-7

### **Weekend/Spring -**

May 7-9

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

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

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

### **Weekend/Summer-**

July 24

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

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

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

### **Weekend/Winter-**

February 20-21

### **Weekend/Spring-**

May 15-16

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

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

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

### **Weekend/Summer-**

July 25

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

**\* Prerequisite: ABP**

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