



Upcoming Weekday Course Dates for 2010

To apply please call 212-687-3787 or email training@pilatesonfifth.com

Anatomy, Biomechanics & Posture Review (ABP) 12 hours, 3 weekdays

Courses Held: Monday thru Wednesday 10am-2pm

Weekday/Winter -

March 1, 2, 3

Weekday/Summer -

July 12, 13, 14

Weekday/Fall -

September 13, 14, 15

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

All Populations Mat (APM)* 35 hours, 7 weekdays

Courses Held: Weekday 10am-3pm

Weekday/Winter-

March 4, 5/ 8-12

Weekday/Summer-

July 15, 16/ 19-23

Weekday/Fall-

September 16, 17/ 20-24

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

All Populations Reformer (APR)* 50 hours, 10 weekdays

Courses Held: Weekdays 10am-3pm

Weekday/Winter -

March 15-19/ 22-26

Weekday/Summer -

July 26-30/ August 2-6

Weekday/Fall -

September 27-October 1/ October 4-8

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

*** Prerequisite: ABP**

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