

BOSU[®] STUDIO PILATES

The BOSU[®] Balance Trainer is the perfect accessory to compliment a wide range of authentic Pilates exercises. In this workshop, you will have the opportunity to learn how to use the BOSU[®] ball in a one-on-one and group setting, and learn to accommodate the most advanced to the most beginning Pilates students or clients. Find out how to incorporate the Balance Trainer into mat classes, and to use it in conjunction with other traditional Pilates accessories and equipment. Even if you don't have Pilates exercise experience, you will take home a library of new exercises designed to target the core and train the whole body! *Participants will receive the BOSU[®] Studio Pilates Handout and DVD Download.*



WORKSHOP INFORMATION

DATE: _____

TIME: _____

LOCATION: _____

PRESENTER(S): _____

CONTINUING
EDUCATION CREDITS: **.2 ACE/.2 NASM/ 2.0 AFAA/ 1.0 Canfitpro**

REGISTRATION INFO: _____

PRICING: _____