



Physical Therapy
Pilates
Gyrotonic®

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2009 Continuing Education Workshops

FOR QUESTIONS REGARDING ALL WORKSHOPS please contact educationinfo@coreconditioningpt.com

- April 2-6 2009 **PILATES ON TOUR: Reformer 2, Pilates for Fibromyalgia, Pre-Natal Pilates, Integrating Pilates into the Physical Therapy Practice**
Visit www.pilatesontour.com for more information.
- April 18-19 2009 **INTRO TO NEURAC®** at Core Conditioning, Studio City, CA
Please visit www.redcord.com for more information.
- May 2-3 2009 **INTRO TO ACTIVCORE®** at Core Conditioning, Studio City, CA
Please visit www.activcore.com for more information.
- May 8-10 2009 **PILATES TEACHER TRAINING MODULE: Reformer 1**, Core Conditioning, Studio City, CA
Please visit www.coreconditioningpt.com or www.bbupilates.com for more information.
- May 16th 2009 **PILATES FOR FIBROMYALGIA** at Core Conditioning in Burbank, CA
Please visit www.californiaeducationconnection.com for registration.
- May 16-17 2009 **PILATES ARC TOUR** at Core Conditioning, Studio City, CA
Please visit bbu.pilates.com/tour/arc/pilates-arc-tour.aspx for registration.
- May 30-31 2009 **NEURAC® 1** at Core Conditioning, Studio City, CA
Please visit www.redcord.com for more information
- Aug 6th 2009 **PILATES TEACHER TRAINING MODULE: Reformer 1** at Core Conditioning, Studio City, CA
Please visit www.coreconditioningpt.com or www.bbupilates.com for more information.
- Aug 15-16 2009 **PILATES TEACHER TRAINING MODULE: Reformer 2** at Core Conditioning, Studio City, CA
Please visit www.coreconditioningpt.com or www.bbupilates.com for more information.
- August 15-16 2009 **PRE-NATAL AND POST-PARTUM PILATES** at Zoom Fitness and Pilates Studio, San Diego, CA
Please visit www.californiaeducationconnection.com for registration.
- August 22-23 2009 **INTEGRATING PILATES FOR THE STABILIZATION OF THE PELVIS, SPINE & UPPER QUADRANT**
at Mercury Fitness High Performance Pilates Center, San Francisco, CA
Please visit www.californiaeducationconnection.com for registration.
- Aug.2009 – Feb.2010 **PILATES TEACHER TRAINING COMPREHENSIVE COURSE**, Core Conditioning, Studio City, CA
* Includes the following modules which can also be taken individually:
Mat I & II; Reformer I, II, & III; Trapeze Table; Chair & Barrels; Special Conditions; and Mastering the Art of Pilates Program Design
Please visit www.coreconditioningpt.com or www.bbupilates.com for more information.

- September 10-20 2009 **PILATES FOR KIDS** at various locations, Cape Town & Pretoria, South Africa
BASI Pilates “Learn from the Leaders”
Please visit www.pilatessa.co.za.com for more information.
- September 12-13 2009 **PRE-NATAL & POST-PARTUM PILATES** at Core Conditioning, Burbank, CA
Please visit www.californiaeducationconnection.com for registration.
- September 19th 2009 **ROLLING FOR LENGTH, ROLLING FOR STRENGTH** at Core Conditioning, Studio City, CA
Mat and Toys on the Road
Please visit www.bbupilates.com for more information.
- September 26-27 2009 **ACTIVCORE® FEX BASIC TRAINING** at Core Conditioning, Studio City, CA
Please visit www.activcore.com for more information.
- October 1-3 2009 **PILATES IN THE SCHOOLS**, at The 6th International Polestar Conference, Salvador, Brazil
Please visit www.polestarpilates.com for more information.
- October 3rd 2009 **RING AROUND THE WORLD** at Core Conditioning, Studio City, CA
Mat and Toys on the Road
Please visit www.bbupilates.com for more information.
- October 3-4 2009 **INTEGRATING PILATES FOR THE STABILIZATION OF THE PELVIS, SPINE & UPPER QUADRANT**
at Core Conditioning, Burbank, CA
Please visit www.californiaeducationconnection.com for registration.
- October 31st 2009 **RESIST AND REFORM WITH ELASTIC BANDS** at Core Conditioning, Studio City, CA
Mat and Toys on the Road
Please visit www.bbupilates.com for more information.
- November 21st 2009 **SMALL BALL MAGIC** at Core Conditioning, Studio City, CA
Mat and Toys on the Road
Please visit www.bbupilates.com for more information.
- November 21-22 2009 **INTEGRATING PILATES FOR THE STABILIZATION OF THE PELVIS, SPINE & UPPER QUADRANT**
at Pilates People Physical Therapy and Fitness, San Diego, CA
Please visit www.californiaeducationconnection.com for registration.
- December 5-6 2009 **ACTIVCORE® FEX INTERMEDIATE TRAINING** at Core Conditioning, Studio City, CA
Please visit www.activcore.com for more information.

Visit www.coreconditioningpt.com for more courses and schedule updates!

NOTE: The above schedule is subject to change based on number of attendees and/or availability of instructors and locations.



PMA Approved Provider
PMA Gold Certified Instructors



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