



BODYFIRM The PROGRESSIVE Pilates Academy

Certificate and Diploma Schedule May to December 2009

Course Title Legend

PPE1 Fundamental Pilates Mat Work course for Pilates Enthusiasts

PPE2 Intermediate level to PPE 1


PP1 Mat Work Level I II , for qualified movement instructors

PPA Advanced mat work for PP1 qualified instructors

PPR 1 Reformer Level 1 for qualified Pilates Mat Instructors

PPR 2 Reformer Level 2 for qualified PPR 1 instructors

PPR 3 Reformer Level 3 for qualified PPR 2 instructors

<p>Course PP1 Pilates Mat Work Level I-II</p> 	<p>Date: May 21/22/23/24th Time: T/F/S – 10-5pm Sun 9 – 3pm</p> <p>Day 5 Fri 24th July</p> <p>Exam Sat 25th July</p>	<p>Course Materials provided</p>	<p>COST €1095</p>
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Mat Work Teacher Training Level 1 for Qualified Fitness / Personal Trainers - Dance/ Yoga & Movement Teachers

Learn to teach 23 Beginner and 28 Intermediate Movements Classical and Contemporary

5 days of intensive learning with written and practical examinations

<p>Course Pilates PPE 2 Mat Work Level 2</p>	<p>Date: June 13th Time: S – 10-5.30pm</p> <p>Exam Aug 29th</p>	<p>Course Materials provided</p>	<p>COST €250</p>
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Up-skill day for persons previously qualified in the PPE Fundamentals
Taking your teaching skills to Intermediate Level

<p>Course Pilates PPR 1 Reformer Level 1</p> 	<p>Date: Aug 29th / 30th Time: Sat 10-5pm Sun 9-1pm</p> <p>Exam by appointment within 4mths</p>	<p>Course Materials provided</p>	<p>COST €375 exam fee included</p>
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REFORMER INSTRUCTOR INTENSIVE

Reformer Teacher Training Beginner Level 1 Course suitable for qualified Mat work instructors - You will learn to teach both the Classical and Contemporary Beginner System for a group class

<p>Course PPE 1 Pilates Mat Work Level 1</p>	<p>Date: Sept 5/6 Oct 31st / Nov 1st Nov 21 & 22 Dec 11</p> <p>Time: Sat 10-5pm Sun 9-3pm Fri 11th Dec 10-5pm</p> <p>Exam Sat 12th Dec</p>	<p>Course Materials provided</p>	<p>COST €1400 price excludes A&P which is taken online seperately</p>
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Mat Work Pilates Teacher Training for the Pilates Enthusiast

Learn to teach the Pilates system to Essential Level for groups
2 years Pilates Practice required prior to training

<p>Course PP1 Pilates Mat Work Level I-II</p>	<p>Date: Sept 17/18/19/20 Time: T/F/S – 10-5pm Sun 9 – 3pm</p> <p>Day 5 Fri Nov 6th Exam Nov 7th</p>	<p>Course Materials provided</p>	<p>COST €1095</p>
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Mat Work Teacher Training Level 1 for Qualified Fitness / Personal Trainers - Dance/ Yoga & Movement Teachers

Learn to teach 23 Beginner and 28 Intermediate Movements Classical and Contemporary
5 days of intensive learning with written and practical examinations

Course PPA ADVANCED Pilates Mat Work Level III	Date: Oct 10th Time: S – 10-5pm Exam by appointment within 4mths	Course Materials provided	COST €325 exam fee included
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**Mat Work Teacher Training Level 1 for Qualified Fitness / Personal Trainers -
Dance/ Yoga & Movement Teachers**

Learn to teach 23 Beginner and 28 Intermediate Movements Classical and
Contemporary

5 days of intensive learning with written and practical examinations

Course PPT Pilates Personal Trainer	Date: 14th & 15th Nov Time: 10-5pm Assessment by case study	Course Materials provided	COST €500
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**For qualified Mat or Reformer Instructors who wish to work in the 121
environment**



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