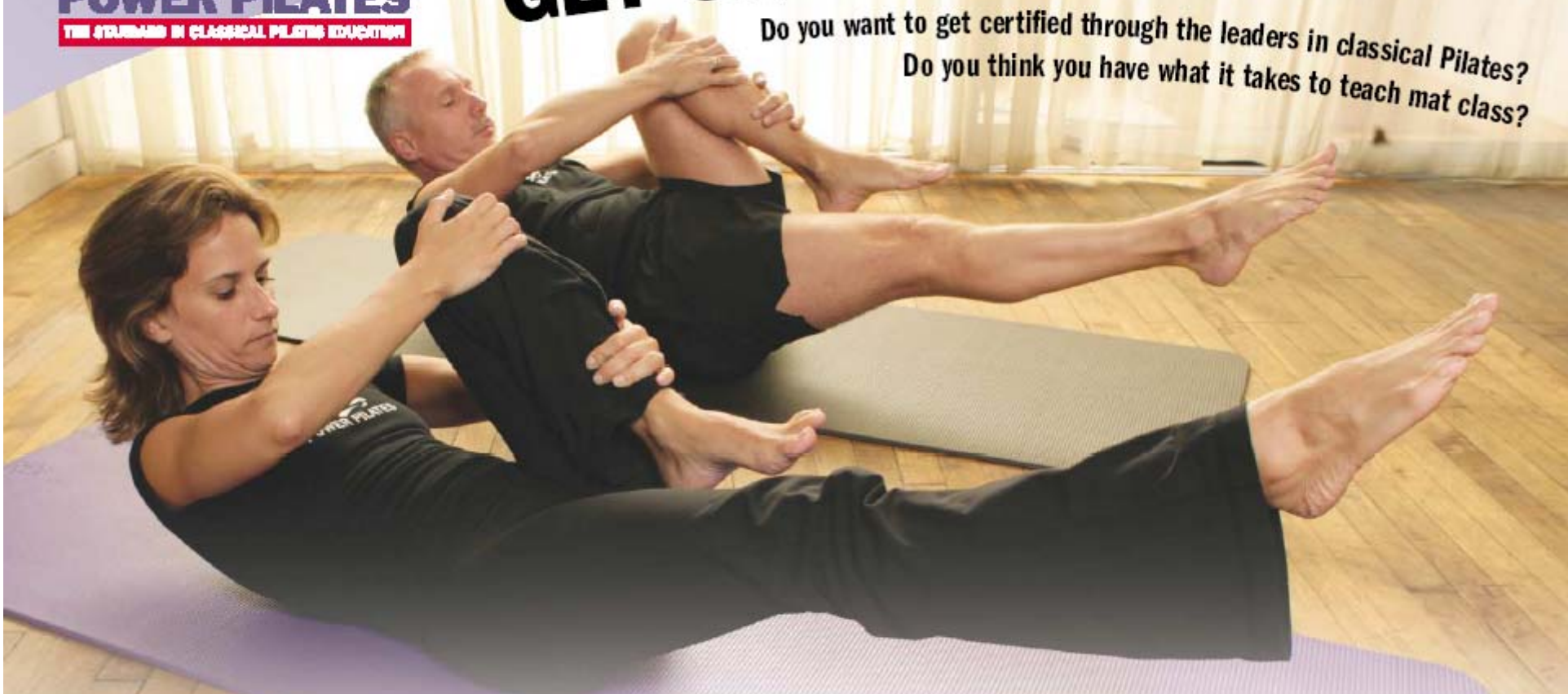




# GET CERTIFIED!

Do you want to get certified through the leaders in classical Pilates?  
Do you think you have what it takes to teach mat class?



Attend Power Pilates® Beginner Mat certification program at Pilates on Main, St. George, UT.  
Learn the 18 beginner level mat class exercises and how to teach them from the best classical pilates education providers in the world.  
Once you complete and pass this program, you will be certified to teach a beginner level mat class.

#### DATES

August 14-16, 2009

#### LOCATION

**Pilates on Main**  
180 South Main Street  
St. George, UT 84770

#### REGISTRATION

For detailed information and to register, contact  
Sue Swenson – 435.680.7163  
[Sue@bodybalancebysue.com](mailto:Sue@bodybalancebysue.com)

#### TIMES

Friday 7:00 - 3:00pm  
Saturday 8:00am – 3:00pm  
Sunday 8:00am – 1:00pm

#### FEE

\$500.00

Payment and application due **July 15, 2009**

**SPACE IS LIMITED!**

[www.powerpilates.com](http://www.powerpilates.com)



# GET CERTIFIED!

Do you want to get certified through the leaders in classical Pilates?  
Do you think you have what it takes to teach mat class?



Attend Power Pilates® System Training Level 1 certification program at Pilates on Main, St. George, UT. Learn Power Pilates entire Beginner System along with some intermediate level exercises and how to teach them from the best classical Pilates education providers in the world. Once you complete and pass this program, you will be certified to teach private and semi-private sessions on the apparatus at a beginner/intermediate level.

## DATES

Weekend 1 - September 11-13, 2009  
Weekend 2 - September 25-27, 2009  
Weekend 3 - October 16-18, 2009  
Weekend 4 - October 30 & 31, 2009

## LOCATION

**Pilates on Main**  
180 South Main Street  
St. George, UT 84770

## REGISTRATION

For detailed information and to register, contact  
Sue Swenson - 435.680.7163  
[Sue@bodybalancebysue.com](mailto:Sue@bodybalancebysue.com)

## TIMES

Friday - 1:00-7:00pm  
Saturday - 9:00am-3:00pm  
Sunday - 8:00-2:00pm

## FEE

\$2800.00

Payment and application due **August 14, 2009**

**SPACE IS LIMITED!**

[www.powerpilates.com](http://www.powerpilates.com)