

ABOUT

The Body Precision Mat Training Program is the foundational module in a fully comprehensive training in classical Pilates. It was developed in 1998 by owner Beth Downey and currently boasts over 100 graduates. Beth has been teaching since 1996 and completed both The Comprehensive Training Program and the Masters Program at the renowned [Pilates Center of Boulder](#).

[Body Precision](#) is nationally recognized and listed on the [Pilates Method Alliance's Registry of Schools](#). Individual modules may be eligible for ACE continuing ed credits.

FACILITATOR

Weekend Modules will be lead by [Deb Nehlig](#). A graduate of the Comprehensive Teacher Training at Body Precision in 2007 and Pilates Center of Boulders' Masters Training, Deb has been teaching Pilates Mat in Lancaster or over 15 years and brings a strong foundation in the Pilates Classical work.

LOCATION

[Move It Studio](#), 1180 Erbs Quarry Road, Lititz, PA

PRE-REQUISITES

Mat Training Level I-III and reformer experience through Level II (beginnger/intermediate). If training was not completed at Move it Studio brief meeting with facilitator Deb Nehlig is also required debnehl@gmail.com or 717-471-6868.

WEEKEND REFORMER MODULES

- Reformer Level I: Fri. 4/03/20 12:30am-6:30pm
- Reformer Level II: Sat. 4/04/20 9:00am-3:30pm
- Reformer Level III: Sun. 4/05/20 9:00am-3:30pm

ADDITIONAL REQUIREMENTS (required for certification and consideration for employment at Move It Studio)

- Completion of above workshops.
- 60 practice teaching hours
- 40 observation hours
- 20 lessons (10 privates/10 classes)
- 8 miscellaneous hours
- 2 hours equipment maintenance
- 1 written test (Level I - III)
- 1 teaching test (Level II, private client)
- 1 performance test (Level III)

Total Apprentices Hours: 130

Total Workshop Hours: 18

Total Hours for Completion: 143

PROGRAM INVESTMENT

- \$1125*

Includes:

- Workshop hours: 18
- 5 private sessions, 5 reformer classes
- 15% discount off of all other sessions
- Use of Move It Studio and Body Precision Studio for observation.
- Use of Move It Studio for practice teaching and personal workouts.
- Advisor for support and apprenticeship supervision

ADDITIONAL INVESTMENT (NOT INCLUDED IN COST ABOVE)

- Training Manual: \$50
- Private Teaching Test: \$50
- Performance Test: \$50
- 1 Written Test: \$50

*payment plans available, a \$200 deposit is required to hold your spot, the remaining balance or remainder of the first payment is due January 31