

PentaMedical Building,  
Design Quarter District  
Corner William Nicol  
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Fourways, Sandton, 2067,  
South Africa

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## **PILATES MAT INSTRUCTOR COURSE DETAILS**

**September 2010**

**PRE-REQUISITE:** Eligibility for this course requires prior knowledge of Exercise Science (or an industry equivalent).

**DATES AND TIME:**

<b>DATE</b>	<b>TIME</b>	<b>LECTURER</b>	<b>LECTURE</b>
Mon 6 September	6:00pm-9:00pm	Lee	Introduction Breathing Technique
Wed 8 September	6:00pm-9:00pm	Lee	Warm-up Beginner mat
Mon 13 September	6:00pm-9:00pm	Lee	Beginner mat Revision
Wed 15 September	6:00pm-9:00pm	Sally	Intermediate mat
Tues 21 September	6:00pm-9:00pm	Sally	Intermediate mat Advanced Mat
Wed 22 September	6:00pm-9:00pm	Sally	Postural analysis Revision

**VENUE:** **Institute of Fitness Professionals (Technogym)**

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- COURSE COST:** R6 100,00
- DEPOSIT:** R2 500,00 (which is deducted from the Course Cost; balance due on first night of lectures)
- TO BRING:** Come in training gear  
Pens/Paper  
Water bottle and sweat towel
- LECTURERS:** Sally Ross/ Lee Archer
- COURSE CONTENT:** Pilates beginner, intermediate and advanced mat workout.  
Including all neuromuscular resistance exercises that are designed to develop and enhance muscular-skeletal systems by optimizing strength and flexibility for group classes or one-on-one training scenarios.

In order to secure your place on the Pilates Mat Course, please complete a registration form and fax it back to our offices along with verification of your deposit.

**We look forward to seeing you.**

**Our Banking Details:** Institute of Fitness Professionals; **Bank** Standard Bank;  
**Branch:** Fourways Crossing; **Branch Code:**009953  
**Account Number:** 402094247

