

PILATES BARRELS INSTRUCTOR TRAINING

WHEN:

Saturday 11.06.2021 | 9am - 4pm

**available in person or online*

WHERE:

Airport Health Club
432 Aviation Blvd
Santa Rosa CA 95403
707.528.2582

COST:

\$200.00 until 10.29.21

\$250.00 starting 10.30.2021

Additional fees: \$50 manual & \$10 streaming video

WHO:

Open to teacher trainees, certified teachers who need continuing education, and individuals who want to learn to use the equipment and add variety to their personal practice.



FOR MORE INFO OR TO REGISTER:

Contact Gwen Miller at 707.486.5642 | gwenm@airportclub.com

BARRELS include the Ladder Barrel, Arc and Baby Arc, Spine Corrector, and associated repertoire. The Barrels are great for stretching, posture correction, and adding interesting variations to Mat, Trapeze Table, and Reformer repertoire.