

Crossover from Intensive Mat-Plus Training to Group Training - XMG

This course is designed for instructors who have completed our Intensive or Comprehensive Mat-Plus training.

Enhance your group instruction skills enabling you to teach group Matwork safely while keeping classes upbeat and motivating. Learn to conduct an orientation class designed specifically for clients entering group Matwork classes. Instructors will leave with ten pre-designed Essential through Intermediate workouts ready to teach in a group environment. These incorporate small equipment (Flex-Band exercisers, Fitness Circle resistance rings and Toning Balls) and cover a variety of intensity levels. Following this course, students are eligible to take the Matwork exam of the Group SPX stream that tests group training knowledge and skills.

SCHEDULE

Please click studio page and calendar to check for dates and times of this course.

PREREQUISITES

IMP or CMR

DURATION

6 hours

CECs

0.6 STOTT PILATES

EDUCATIONAL MATERIALS

Comprehensive Matwork
Mat and Reformer Support
Materials

CAPACITY

Maximum 18 Students

FEE

Please call 886-7744
for more information or
write Studio@vivianzapanta.com

\$50 US dollars reservation fee per course is required
& balance must be paid 2 weeks before the workshop date selected