

Crossover from Intensive Reformer to Group Reformer

Enhance your group instruction skills enabling you to safely teach a small group reformer session while keeping the class upbeat and motivating. You will also learn an orientation class designed specifically for clients who are entering group reformer classes.



This workshop is designed for instructors who have completed our Intensive or Comprehensive Reformer training. Instructors will leave ready to teach twelve pre-designed Essential through Intermediate workouts in a group environment, as well as a number of plyometric exercises performed on the Jumpboard. Following this course, students are eligible to take the Reformer exam of the Group SPX stream that tests group training knowledge and skills.

PREREQUISITES

IMP or CMR

DURATION

6 hours of instruction

EDUCATIONAL MATERIALS

Essential Reformer and Intermediate Reformer Manuals
Mat and Reformer Support Materials

CECs

0.6 STOTT PILATES

CAPACITY

Maximum 12 students

FEE

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

Prices may change without prior notice.

\$50 US dollars reservation fee per course required & balance must be paid 2 weeks before the onset of the course.

SCHEDULE

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