



# GET CERTIFIED!

Do you want to get certified through the leaders in classical Pilates?  
Do you think you have what it takes to teach mat class?



**Attend Power Pilates® Beginner Mat program at Momentum Pilates Studio, Charlottesville, VA.**

Learn the 18 beginner level mat class exercises and how to teach them from the best classical pilates education providers in the world.

Once you complete and pass this program, you will receive a certificate of completion stating that you are eligible to teach a beginner level mat class.

## DATES

November 6-8, 2009

## LOCATION

**Momentum Pilates Studio**  
2216 Ivy Road, Suite#206  
Charlottesville, VA 22903

## REGISTRATION

For detailed information and to register, contact  
Grace Ranson-Dieter – 434.293.2635  
[grace@momentumpilatesstudiova.com](mailto:grace@momentumpilatesstudiova.com)

## TIMES

Friday --- 3:00-7:00pm  
Saturday --- 9:00am-3:00pm  
Sunday --- 9:00am-3:00pm

## FEE

\$500.00

Payment and application due **October 6, 2009**

**SPACE IS LIMITED!**

[www.powerpilates.com](http://www.powerpilates.com)