

Peak PilateSystem®

2008/2009 Programs



ASPIRE to a Higher Level of Pilates Professionalism. INSPIRE Others to Transform Their Lives.

The Peak PilateSystem® Education series is designed for the busy professional or student who seeks authentic, complete, and progressive Pilates education delivered in a time efficient manner. The 3 part Series is designed to be a progressive educational path, with each subsequent course building upon the others to form a full certification.

LOCATION:
Pilates of Greenville
 12-A Claredon Ave.
 Greenville, SC 29609
 864.242.1227
www.pilatesofgreenville.com



PPS-I	PPS-II	PPS-III
<p>PREREQUISITES</p> <ul style="list-style-type: none"> • A recognized qualification in anatomy and kinesiology either through a fitness certification or other course. • CPR/Current First Aid Certificate. • 20 hours Pilates training or Peak Introductory Course. <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 58 Contact hours • 100 hours personal practice, teaching and observation. • 158 Total Hours <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing Score on all exams, a Peak PilateSystem Level-I Certification is awarded. <p>COST \$2,200 <i>materials not included</i></p>	<p>PREREQUISITES</p> <ul style="list-style-type: none"> • Successful completion of PPS-I plus 145 logged prerequisite hours (broken into 60 hours of personal practice and 85 hours of teaching). • CPR/Current First Aid Certificate. <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 28 Contact hours • 50 hours personal practice and teaching . • 223 Total Hours (includes 145 prerequisite hours) <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Level-II Certification is awarded. <p>COST \$1,125 <i>materials not included</i></p>	<p>PREREQUISITES</p> <ul style="list-style-type: none"> • Successful completion of PPS-II • CPR/Current First Aid Certificate. • Completion of Case Study <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 21 Contact hours • 50 hours personal practice and teaching. • 71 Total Hours • 452 CUMULATIVE HOURS <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Professional Certification is awarded. <p>COST \$925 <i>materials not included</i></p>
<p>PPS-I DATES Session 1: September 5-7, 2008 Session 2: October 10-12, 2008 Session 3: November 7-9, 2008 Session 4: December 6-7, 2008</p>	<p>PPS-II DATES Session 1: April 10-13, 2008 Session 2: May 30, 2008 Session 1: October 2-5, 2008 Session 2: December 5, 2008</p>	<p>PPS-III DATES Session 1: June 27-29, 2008 Session 2: August 22, 2008 Session 1: January 23-25, 2009 Session 2: March 28, 2009</p>

ADDITIONAL UPCOMING WORKSHOPS:

- Level I Chair: September 13, 2008
- Level I Barrel: September 14, 2008
- Level II Chair: November 1, 2008
- Level II Barrel: November 2, 2008

For a complete list of scheduled trainings, visit peakpilates.com
 Call 800.925.3674 to Register or email education@peakpilates.com