

Balanced Body Pilates Instructor Training Program

Mat 1 Instructor Training

When:

Saturday February 14, 2026
Sunday February 15, 2026
9:00 am-5:30 pm

Where:

Pilates Core Center
1919 Greentree Rd.
Cherry Hill NJ 08003
856-985-0900

www.pilatescorecenter.com

Cost:

\$499.00 plus
\$60.00 for teaching materials

To Register:

www.pilates.com

Continuing Ed. Credits:

NPCP, PMA, ACE

Available in-person and online



**Mat work is the foundation of the Pilates method.
By incorporating Balanced Body Movement Principles,
we give you the power to be a transformative teacher.**

