

*Pilates and More,
a Carol Beringer Studio
110 Gallagher Road
Wayne, PA 19087
610-687-6855
www.pilatesandmore.com*

2009-2010 Training Program

Thank you for your interest in Pilates and More Training Program.

There is so much to consider and discuss when considering a training program that I invite prospective trainees to come into the Studio for an interview and tour. It's a huge commitment and you want to be comfortable with both the trainer and facility where you will be spending a good deal of time and money.

Please call the Studio at 610-687-6855 and book an appointment with me so we can discuss all the details. I also recommend that you do the same with any other program that you are considering – and you should certainly explore them all before making your decision.

Basic Information:

Program currently limited to 5 new participants. This ensures our close working/training relationship. You will receive individual attention not available in programs with large/unlimited numbers of participants. This program is 10 weekends to thoroughly cover (and not rush) through the multitude of material.

10 Weekends beginning August 2009:

August 22, 23	January 9, 10
September 29, 20	February 6, 7
October 17, 18	March 6, 7
November 14, 15	April 3, 4
December 12, 13	May 1, 2

∞ (HOURS: Saturday Noon-6 pm; Sunday 9 am – 4 pm)

It is common for participants to miss a day or entire weekend over the course of the program due to family or career obligations that are not scheduled at the time they enroll in the Training Program. Missed days/weekends can be made up during the following session. And catching up with the group is not a challenge if the participant is keeping up with their individual Pilates practice.

COST: \$5,000 includes: 135 Workshop Hours and Manual.

Payment Options: \$5,000 paid in advance of July 15, 2009

5 Payments Plan: \$525.00 paid one week in advance of each weekend.

DEPOSIT of \$500.00: Due by July 15, 2009

Deducted from your payment in full by 7/15/09

Deducted from your last time payment: 4/17/10

This is a lot of information to digest and I will be delighted to review it all with you during our interview.

MAT TRAINING ONLY

If you are interested in Mat only.

Participant attends workshops during hours Mat is on the curriculum.

Training through Intermediate Level – 1st three weekends: \$750.00

Training through Advanced Level – all 5 weekends: \$1,200.00