



Certification Course Dates

2007
Volar Pilates - Smithtown, NY

Intensive Mat Plus (IMP) - Level 1

	40 hours	3 weekend course
Fri., Sat., and Sun.	April 20, 21 and 22	F: 1:00 - 6:30 PM, S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM
Fri., Sat., and Sun.	April 27, 28 and 29	F: 1:00 - 6:30 PM, S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM
Fri., Sat., and Sun.	May 5 and 6	S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM

Intensive Reformer (IR) - Level 1

	50 hours	4 weekend course
Tues., Thurs. and Fri.	May 15, 17 and 18	Tues. & Thurs.:12:00 - 5:00 PM Fri.: 11:00 AM - 5:00 PM
Tues. and Thurs.	May 22 and 24	12:00 - 5:00 PM
Tues., Thurs. and Fri.	May 29, 31 and June 1	Tues. & Thurs.:12:00 - 5:00 PM Fri.: 11:00 AM - 5:00 PM
Tues. and Thurs.	June 5 and 7	12:00 - 5:00 PM

Intensive Cadillac, Chair & Barrels

	50 hours	4 weekend course
Fri., Sat., and Sun.	June 15, 16 and 17	F: 1:00 - 6:30 PM, S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM
Fri., Sat., and Sun.	June 22, 23 and 24	F: 1:00 - 6:30 PM, S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM
Fri., Sat., and Sun.	June 29, 30 and July 1	F: 1:00 - 6:30 PM, S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM
Fri., Sat., and Sun.	July 13, 14 and 15	F: 1:00 - 6:30 PM, S: 12:00-5:30 PM, Su: 10:00 AM - 3:30 PM

Advanced Matwork

	6 hours	
Thursday	June 5	12:00 - 6:00 PM

Advanced Reformer

	18 hours	
Thursdays and Friday	July 26, Aug. 2 and 10	10:30 AM - 5:00 PM