



SynergySystems®

Pilates Instructor Certification

SynergySystems® Fitness Studio is proud to offer our *Synergistic Therapeutic* approach to full Pilates Instructor Certification. It includes over 400 hours of comprehensive education designed to work with your schedule. With our approach, all successful candidates can formulate and safely design a workout regime for all clients, ranging from those with unique needs to those who wish to be challenged at an elite athletic level.

Facilitated by renowned Master Trainer, Cathleen Murakami, this certification process is designed for serious students desiring the best in instructor education and certification. This course expands your understanding and appreciation of anatomy and biomechanics, Pilates theory, philosophy and history. Pilates apparatus exercises from novice through advanced as well as some Pilates mat exercises are included. Techniques in verbal and tactile cueing, postural assessment, troubleshooting injuries, new client protocol, energy sensing and intuition skill building are combined with common sense in business and marketing, to assist you in taking a holistic approach to your training.

CERTIFICATION REQUIREMENTS:

8 Pilates SAS (stretch-align-strengthen) Workshops	120 Hours
10 Labs	30 Hours
2 SSFS Emphasis Courses of Choice (min)	20-31 Hours
Self Practice	100 Hours
Observation	100 Hours
Active Client Teaching	32 Hours
ENTIRE CERTIFICATION	402-413 HOURS

FINAL EXAM:

Final Exam	3.5 Hours in Studio
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COURSE PAYMENT OPTIONS:

Option 1 (a \$5070 value) Pay for Full Certification Course Package \$4500 +

-8 Pilates SAS (stretch-align-strengthen)	\$3800
- 10 Lab Sessions	\$600
- 100 Self Integration Hours at SSFS	included*
- 100 Observation Hours at SSFS	included*
- 32 Active Client Teaching Hours at SSFS	\$320
- Final Certification Exam	\$350

Option 2 Full Certification Course paid by segment \$5275 +

- 8 Pilates SAS (stretch-align-strengthen)	\$475/wknd
- 10 Lab Sessions	\$60/lab
- 100 Self Integration Hours at SSFS	included*
- 100 Observation Hours at SSFS	included*
- 32 Active Client Teaching Hours at SSFS	\$15/hr
- Final Certification Exam	\$395

*100 Self Integration hours and 100 Observation hours required for course completion, 50 of each are required to be completed at SSFS. The SSFS hours must be completed within 8 months of course commencement to avoid equipment and studio usage fees. Balance of hours may be completed at another studio by permission.

+ Required textbook fees & emphasis course fee not included
All signed off hours to be submitted with Final Certification Application.

8 PILATES SAS [STRETCH-ALIGN-STRENGTHEN] WORKSHOPS (all wknds include repertoire novice thru advanced)

<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 1 OF 8</p> <p>INNER UNIT</p> <p>September 10-12, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>Repertoire to the essentials of the Inner Unit (true core) and why their proper introduction is mandatory for new clients to understand the HOW TO of the Pilates approach.</p>	<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 2 OF 8</p> <p>FOOT & ANKLE</p> <p>October 1-3, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>The foot and ankle are the foundation to the skeletal structure translating vertical forces into a horizontal plane. Proper foot and ankle <i>interaction is essential for correct gait mechanics.</i></p>
<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 3 OF 8</p> <p>KNEE</p> <p>November 5-7, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>This is the joint structure that often leads to injuries. Understand why the knee joint is at the mercy of the hip joint and foot/ankle relationship.</p>	<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 4 OF 8</p> <p>HIP & PELVIS</p> <p>December 3-5, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6pm 15 Hours / \$475</p> <p>The Hip is a multi directional joint that can be free or frozen. Optimal movement is integral for efficient gait mechanics. The Pelvis is the "Grand Central Station" that navigates the ground forces from below and weight bearing from above.</p>
<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 5 OF 8</p> <p>SPINE</p> <p>January 7-9, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>This "multi" joint is responsible for whether your movements are youthful or aging. Joe Pilates once said, "You are as young as your spine."</p>	<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 6 OF 8</p> <p>SHOULDER GIRDLE</p> <p>February 4-6, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>Through mobility, stability can be sacrificed – how can the two coexist compatibly. Utilizing equipment and non-equipment repertoire, healthy movement patterning is revealed</p>
<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 7 OF 8</p> <p>POSTURAL ASSESSMENT</p> <p>March 4-6, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>Train your eyes to have X ray vision with postural assessment. Learn how to program design effectively by determining what to do with what you see and WHY!</p>	<p>PILATES SAS (STRETCH-ALIGN-STRENGTHEN) WORKSHOP 8 OF 8</p> <p>TEACHING & BUSINESS SKILLS</p> <p>April 1-3, 2010 - Fri. 5-8pm, Sat. & Sun. 12-6 pm 15 Hours / \$475</p> <p>Verbiage skills, hands on, imagery and programming. New client protocol. Professional instructor conduct. Intuition and energy.</p>

2 SSFS EMPHASIS COURSES OF CHOICE

Mat Level 1	February 2011 Dates TBD
Mat Level 2	Fall 2011
Cadillac Workshop	June 2011 Dates TBD
Wunda Chair Workshop	Mar 2011 Dates TBD

10 LABS – SCHEDULED BEFORE SAS WORKSHOPS (ALL LAB 1-4 PM)

Lab #1 – Work with "Practice Client"	October 1, 2010
Lab #2 – Work with "Practice Client"	November 5, 2010
Lab #3 – Work with "Practice Client"	December 3, 2010
Lab #4 – Work with "Practice Client"	January 7, 2011
Lab #5 – Work with "Practice Client"	February 4, 2011
Lab #6 – Work with "Practice Client"	March 4, 2011
Lab #7 – Work with "Practice Client"	April 1, 2011
Lab #8 thru 10 – Work with "Practice Client"	April & May 2011 TBD