

Lolita's Legacy™ Comprehensive 500 - Hours Pilates Teacher Training Program

Created by **Lolita San Miguel**, First Generation Teacher certified by **Joseph H. Pilates**
and based upon her more than 60 years of Pilates experience.

Mat System

Pre-Pilates, Mat, & Post Pilates
Weekend 1: August 13 – 14, 2022
Weekend 2: September 10 – 11, 2022
Weekend 3: October 8 – 9, 2022
Weekend 4: November 5 – 6, 2022

Taught by **Marian Llamas**



System 1

Reformer, Cadillac, Chair, & Ladder Barrel
Weekend 5: December 2 – 4, 2022
Weekend 6: January 13 – 15, 2023

Taught by **Danielle Armstrong**



System 2

Reformer, Cadillac, Chair, Barrels, & Props
Weekend 7: February 4 – 5, 2023
Weekend 8: April 1 – 2, 2023
Weekend 9: June 3 – 4, 2023

Taught by **Laura Cordle**



System 3

Reformer, Cadillac, Chair, Barrels, & Teaching Skills
Weekend 10: July 8 – 9, 2023
Weekend 11: August 5 – 6, 2023

Testing

Weekend 12: To Be Decided

Program Details

Cost: Mat System \$1,700.00 + System I \$1,550.00 + System II \$1,550.00 + System III \$1,150.00 + Final Exam \$400.00

Hours: Course Contact Hours + 184 Observation Hours 124 + Self-Practice Hours 100
+ Student Teaching Hours 92 + Final Test

Pilates Legacy Education Center

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