

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: January 20 – 21, 2024
Weekend 2: February 24 – 25, 2024
Weekend 3: April 6 – 7, 2024
Weekend 4: May 18 – 19, 2024

Taught by **Marian Llamas**



System 1

Reformer, Cadillac, Chair, & Ladder Barrel
Weekend 5: June 8 – 9, 2024
Weekend 6: July 13 – 14, 2024
Weekend 7: August 3 – 4, 2024

Taught by **Danielle Armstrong**



System 2

Reformer, Cadillac, Chair, Barrels, & Props
Weekend 8: September 7 – 8, 2024
Weekend 9: October 5 – 6, 2024
Weekend 10: November 2 – 3, 2024

Taught by **Laura Cordle**



System 3

Reformer, Cadillac, Chair, Barrels, & Teaching Skills
Weekend 11: December 7 – 8, 2024
Weekend 12: January 11 – 12, 2025

Testing

Weekend 13: To Be Decided

Program Details

Cost: Mat System \$1,700 + **System I** \$1,550 + **System II** \$1,550 + **System III** \$1,150
+ **Final Exam** \$400

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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