

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 and Post Pilates
Weekend 1: July 25 – 26, 2020
Weekend 2: August 29 – 30, 2020
Weekend 3: September 26 – 27, 2020
Weekend 4: October 24-25, 2020

Taught by **Marian Llamas**



System 1

Reformer, Cadillac, Chair, Ladder Barrel
Weekend 5: December 4 – 6, 2020
Weekend 6: January 15 – 17, 2021

Taught by **Danielle Armstrong**



System 2

Reformer, Cadillac, Chair, Barrels, & Props
Weekend 7: April 10 – 11, 2021
Weekend 8: May 22 – 23, 2021
Weekend 9: June 26-27, 2021

Taught by **Laura Cordle**



System 3

Reformer, Cadillac, Chair, Barrels, & Teaching Skills
Weekend 10: July 24 – 25, 2021
Weekend 11: August 28 – 29, 2021

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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