

PILATES TRANSITION INTENSIVE



POLESTAR® PILATES

Take your Pilates to the Next Level

Fonthill, ON

| Nov 09-11 2018, Jan 25-27 2019

Bridge your previous Pilates education with the Polestar curriculum for both Studio and Rehabilitation programs. With this program, you may leverage your Pilates experience to complete assignments, prove self-mastery, and to complete the exam. This is a one week intensive series, with additional hours to be completed in order to sit for the exam.



SHELLY POWER
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FIND OUT MORE & REGISTER AT
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