

power pilates 2007 august-december

# WEST COAST CONTINUING EDUCATION DATES

BEVERLY HILLS · IRVINE · LOS ANGELES · PASADENA · SANTA BARBARA · SANTA MONICA



Pasadena, CA



REFINE  
REFRESH  
REVISIT  
YOUR SKILLS

FULFILL  
CONTINUING  
EDUCATION  
CREDITS TO  
RENEW YOUR  
CERTIFICATE

GET INSPIRED!



## Sunday, August 5

**Pasadena, CA** · The Appropriate Apparatus at the Appropriate Time with Zoë Hagler · 1-5pm · \$120

## Saturday, August 11

**Santa Monica, CA** · Beyond the Exercises: How to Retain Clients with Carrie Macy · 12-4pm · \$120

## Tuesday, August 14

**Santa Monica, CA** · Basics of Anatomy with Dr. Delson at Delson Chiropractic · 6-10pm · \$120

## Friday, September 7

**Los Angeles, CA (EXPO)** · Classical Mat Class at Pilates on Tour with Carrie Macy · 8-9am

**Los Angeles, CA (EXPO)** · Barrels of Fun at Pilates on Tour with Carrie Macy · 9:30am-12:30pm

**Los Angeles, CA (EXPO)** · Magic Circle Madness at Pilates on Tour with Carrie Macy · 2-5pm

## Saturday, September 15

**Santa Monica, CA** · "Reformer" Classes – Integrative and Systematic with Carrie Macy · 12-4pm · \$120

## Saturday, September 27

**Santa Barbara, CA** · Semi-Privates with a Power Pilates Teacher Trainer with Shari Berkowitz · 9am, 10am, 11am · \$50

**Santa Barbara, CA** · Pilates for Seniors and Special Cases with Shari Berkowitz · 2-6pm · \$160

## Tuesday, October 9

**Santa Monica, CA** · Basics of Anatomy with Dr. Delson at Delson Chiropractic · 6-10pm · \$120

## Saturday, October 13

**Irvine, CA** · CPR: Life Safe Services CPR & AED · 1-5pm · \$65

## Sunday, October 21

**Los Angeles, CA** · Putting Your Best Foot Forward with Stephanie Hermann & Robin Lim-Zang · 12-3pm · \$90

## Tuesday, October 23

**Beverly Hills, CA** · Aspects of Touch with Dr. Delson and Shari Berkowitz · 6-9pm · \$90

## Saturday, October 27

**Santa Monica, CA** · Tackling the Tower with Carrie Macy · 12-4pm · \$120

## Sunday, November 18

**Pasadena, CA** · Mini Workouts to Restore Tired Teachers with Zoë Hagler · 1-4pm · \$90

## Saturday, December 8

**Beverly Hills, CA** · Pre-Pilates with Shari Berkowitz · 1-4pm · \$90