

UPCOMING COURSES

INTENSIVE MAT



Vancouver
April 29 – May 2 / May 6-9
Victoria
May 6-9 / May 13-16

INTENSIVE REFORMER

Vancouver
April 7-11 / April 14-18
Victoria
June 5-6 / June 10-13 / June 17-20

ADVANCED MATWORK

Victoria
April 18
Vancouver
May 16



ADVANCED REFORMER

Victoria
May 28-30

ADVANCED CADILLAC

Victoria
June 3

ADVANCED CHAIR

Victoria
June 4

INTENSIVE BARRELS

Victoria
April 16-17

ADVANCED BARRELS

Victoria
June 4

INJURY AND SPECIAL POPULATIONS

Vancouver
June 3-6

Please note:

Level #1 course must be completed in order to register for the same Level #2 course.

Level #1 Mat/Reformer programs must be completed to attend any of the Cadillac-Chair-Barrels programs.

Auditing the ISP program is prohibited. You are welcome to audit all other courses if you have taken that program and are preparing for your exam.

Auditing is not eligible for STOTT CEC's.

UPCOMING CEC WORKSHOPS

Vancouver

May 15th
9am – 11am
Reformer Resistance Training for Teens



11:30am – 1:30pm
Post Natal Pilates with Matwork and Toning Balls



2pm – 4pm
Pilates on the Green Matwork for Golf Level #1

Victoria

July 10th
9am – 11am
Muscular Strength and Endurance for Teens



11:30am – 1:30pm
Post Natal Pilates with Matwork and Toning Balls



2pm – 4pm
Pilates on the Green Matwork for Golf – Level #1

\$90.00 plus tax per 2 hour workshop
Each workshop is eligible for 2 STOTT CEC's

Please send us any feedback on courses/workshops.

WEST COAST PILATES INSTRUCTOR TRAINERS

Tessa Crofton - Owner
Shelly McCaffrey
Darcy McMurray
Mia Soehn



We offer on-site Hosting in your facility which allow you to have a STOTT PILATES Certified Instructor Trainer deliver Intensive or Group SPX certification courses or workshops.
Please email us at
education@westcoastpilatesinc.com

Studio Space for Rent in Richmond BC Please call Kelly 604-889-1534

Perfect for Yoga, Pilates, Dance or Personal Training

Studio Space available upstairs from the busy Athletic Therapy Clinic. All ready to go for motivational Yoga or Pilates Instructor, including mats, blocks, mirrors, etc.

1800 square feet / Hardwood floors and mirrors/on Second floor

170-5640 Hollybridge Way

Anatomy Workshop

With Jackie Armstrong
Wednesday April 28th, 11am-4pm
Vancouver, BC
"Satellite location"

To register for this workshop please contact

Darcy McMurray at 778-688-1978
www.fcpilates.com

This is great workshop to refresh you anatomical knowledge. This workshop is recommended for students preparing to take the Mat Intensive. Jackie will review muscles, bones, planes of movement and review some general postural issues. Jackie Armstrong is a registered BCRPA Fitness Theory instructor.