

**PILATES METHOD EXERCISES
CONTINUING EDUCATION COURSE
ASSISTED STRETCHES & SAFETY
SPOTTING ON THE REFORMER
SUNDAY, MARCH 7, 2010**



Pilates of Boulder, 2d Generation Instructor, Richard Rossiter

**LEARN HOW TO SPOT FOR SAFETY AND DO
ASSISTED STRETCHES FOR YOUR CLIENTS!**

🎵 YOUR CLIENTS LOVE THESE STRETCHES AND SPOTS!

Instructors: 2d Generation Instructors: Richard Rossiter & Bonnie Grebe

Date: Sunday, March 7, 2010

Time: 12:00pm (noon)- 3:00 pm (3 POB CECs)

Price: \$100.00

Watch for Part 2: Cadillac, Chair and Barrels!

**Location: Pilates of Boulder, 95th & Arapahoe (2770 Dagny Way, Ste. #106,
Lafayette, CO**

Call: 720-971-3236 or 720-371-3236 to REGISTER