



enrich
your

Life & Come as you are!

Welcome to Pilates on the Lake LLC. We are a fully equipped Pilates Studio that offers private and group sessions. We also offer several weekly group mat classes. We have a staff of highly skilled, fully certified, professional instructors, dedicated to providing you with the highest level of service. We also host workshops and seminars facilitated by Master Teachers.

Finding BALANCE

Pilates is more than a good workout. It is about balance. The balance between strength & flexibility, body & mind, therapy & fitness, and control & lifestyle. If you desire more than just a good workout, in a non-competitive environment, with the personal attention you deserve, Pilates is for you! Change your life for the better starting today. Get a solid workout and take with you the energy and knowledge that empowers you to be in control of your own health and well-being.

The Franklin Method CERTIFICATION

In the introductory level (1st year) you will learn about the basics of Imagery in all its applications. Especially the bone-rhythms of the body: how the bones naturally move inside your body to produce efficient and effortless movement. Fundamentals such as biomechanics, posture and breathing are covered. At the end of the course you receive a certificate and the right to teach a trio of introductory workshops.

Three of the Workshops you will be able to teach after the Franklin-Method® Teacher Training include:

- Imagery for alignment and flexibility
- Pelvic power for core support
- A Healthy Spine

The Franklin Method
www.franklin-methode.com

Training Dates for 2010:
March (15–21st)
June (12–18th)
September (11–17th)



Pilates Teacher TRAINING PROGRAM

The Pilates Center Teacher Training Program is one of the most respected, comprehensive, and intensive programs of its kind in the world. Students are taught "classical" Pilates and study every exercise on every piece of equipment in-depth.

Why join The Pilates Center Teacher Training Program?

Debby Orlando has more than eight years teaching aspiring Pilates students. We provide detailed instruction on how to teach at all levels of difficulty for all body types, developing all the skills necessary to be a safe, effective and inspiring teacher.



The program was developed under the direction of Romana Kryzanowska, heir of Joseph Pilates work, and has been refined to include perspectives of two other Pilates elders - Kathy Stanford Grant and Eve Gentry. By combining each of these perspectives, we are able to further delve into understanding the original intention and philosophy behind the exercises that Joseph Pilates created.

As an official studio for The Pilates Center of Boulder, CO, Pilates on the Lake is dedicated to becoming the leading teacher training facility in the Midwest. We regularly host workshops and seminars facilitated by Master Teachers and offer both a Preparatory and Internship programs.

www.PilatesOnTheLake.com

