



**POLESTAR  PILATES®**

**SUMMER MAT TEACHER TRAINING PROGRAM**

<b>Content</b>	<b>Location</b>	<b>Dates/Times</b>
<p>Polestar Pilates Principles (online) Beginning – Advanced MAT</p> <p>Instructional Hours: 133 Online Hours: 12 hours Self-Study Hours: 9 hours Total Hours: 154 hours</p>	<p>85 George Street, New Brunswick, NJ</p> <p>All classes meet in the Soma Center located in the Nicholas Music Center (basement-level)</p>	<p>Week 1: August 5-9 Week 2: August 12-16 Week 3: August 19-23 9 a.m. – 5 p.m.</p>

Fee:  
\$1750 (MAT + Online Principles)  
\$1500 (MAT Only)  
Payment plans are available  
Apply Here: <http://bit.ly/MGSAPilatesMat2019>

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