Spring 2024

Module 3: Chair, Ladder Barrel, Spine Corrector & Trapeze Table

Beginner: Jan. 27, Feb. 3, 10, 17
Intermediate: Feb. 24, March 2, 9, 23
Advanced: March 30; April 6, 13, 27
Comprehensive Synthesis; May 4, 11

Polestar Pilates Teacher Training

APPLY HERE

160 Total Required Hours

$2,750 (Module 3 + Completion of Polestar Comprehensive Training, for Students Who Have Completed Mat and Reformer Trainings)

$2,750 (Module 3, for Students Who Have Not Completed Mat or Reformer Trainings)

$2,500 (Module 3, for Students Who Have Previously Completed Mat or Reformer Trainings, But Not Both)

Saturdays
9AM to 2PM
Dance Department
Soma Center
Mason Gross School of the Arts
Douglass Campus
85 George Street
New Brunswick, NJ

$2,750

$2,750

$2,500

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