



image: Jaqi Medlock

Polestar Pilates Teacher Training

[APPLY HERE](#)

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**

Saturdays

9AM to 2PM

Dance Department
Soma Center

Mason Gross School of the Arts
Douglass Campus
85 George Street
New Brunswick, NJ

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)

**Information: Frederick Curry, fcurry@mgsa.rutgers.edu
go.rutgers.edu/sp24PilatesTraining**

