

HYDRO-PILATES™

The workout Featured on Deco Drive , Univision and Telemundo!

"Once you've tried it, it will wet your appetite for the pool.
I don't even get my hair wet"

Lynn Martinez
Deco Drive

TEACHER TRAINING CERTIFICATION

Become certified to teach the hottest new class around at your health club!

**Discover how to create long, lean, strong, flexible bodies by
combining Pilates with aquatic training!**

This 7 hour intensive lecture / workshop is designed to help you
develop the skills necessary to teach this very unique method of
combining traditional Pilates & Yoga moves with aquatic dimension.

Appropriate for fitness professionals with some prior aquatic or land training experience.

**Hydro-Pilates™--Where Pilates meets the Aquatic Environment!
4 AEA CEU's**

Register by phone: (305) 505-3859
Fax: (305) 648-0866

Or by fax/mail:

Name:	Phone:
Address:	
Email:	
Workshop title and date:	
Total:	

Send check made payable to:

Ann Anthony, 8300 S.W. 62 Ave., Miami, FL. 33143