



Pilates Programming

Presented by Peggy Gregor and Marci Clark

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Saturday, May 31, 2008 3:00 PM–4:30 PM

Objective: This lecture will increase your value within your facility by supplying you with pertinent information on how to overcome the obstacles that you may encounter in creating, maintaining and managing your Pilates program. Information for this lecture will be presented in a Power Point presentation.

Pilates Programming: Turning Pitfalls into Pros

- Identify obstacles that present themselves in building a successful Pilates program within a health club.
- Space in which to hold your Pilates classes
- Staffing your Pilates program
- Pricing your Pilates program
- Marketing/promoting your Pilates program
- Equipment needs

**Please remember to submit a session evaluation.
Your feedback is important to us!**