



Advanced Anatomy

&

Exercise Fundamentals

**A College Level Advanced Anatomy and Biomechanical Course
for
ALL Fitness Professionals**

About this course:

- 6 weeks of reading/self-study work and video
- 12-hour in person lecture and class
- Applied Kinesiology inspired by the Pilates Method Alliance requirements for the NCPC Exam.
- Remedial work for each joint line taught in conjunction with the Anatomy

About the instructor:

Susie Gorman Green holds a Master of Science from University of Tennessee. Susie is Pilates Method Alliance Certified as NPCT/CPT and is a Master Teacher Trainer for Pilates Sports Center & AAI/ISMA. More about Susie at www.trainingbysusieg.com

Course Specifics and Timeline:

- Weekly reading/self-study work starts March 2nd, 2020, with weekly video
- Classroom Lecture - Friday, April 17 & Saturday 18th – 1:00 to 5:00pm and Sunday 19th, 2020 – 9:00am to 1:00pm
- **Registration: \$450.00** (ask about cash price early registration for \$395.00)

For more information and to register contact:



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**Classroom Lecture Hosted by: Body Balancing by Darcie Pilates and Fitness Studio
4735 S. Durango Drive, Suite #101 - Las Vegas, Nevada 89147**

