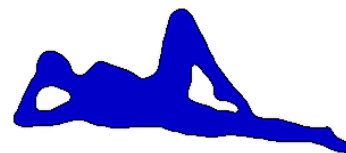


# Tring Pilates Studio

39, Christchurch Road, Tring. Hertfordshire



## Pilates and Pregnancy Certification Program run in association with The Center for Women's Fitness

A certification program on Pilates and Pregnancy run by **Veronique COIGNAC** (European Master Trainer for The Centre for Women's Fitness and owner of The Tring Pilates Studio).



This program is run over 3 days, approximately 24 hours and is open to all Pilates Instructors with formal mat or apparatus training and at least one year of practical experience.

**Places are limited to 10 people so book early to avoid disappointment.**

## Where and When

**Friday – Sunday 23-25<sup>th</sup> April 2010;**

**At Alan Herdman Pilates**

**Reebok Sport Place**

**16-19 Canada Square**

**London**

**Contact: Alan Herdman 0207 675 0919**

**Friday – Sunday 21-23<sup>rd</sup> May 2010**

**At My body Studios**

**2-5 Bedes Station Road**

**East Boldon**

**Tyne & Wear**

**Contact: Emma Newham 0191 5193351**

**Fees: £500 per person** including manuals for the 3 days, **£300** if Mat and Ball only.

**Please book in advance direct to [www.thecenterforwomensfitness.com](http://www.thecenterforwomensfitness.com)**

We reserve the right to cancel or postpone any of the workshops, in which case fees will be refunded in full