



CENTER of BALANCE UPDATES

REFORMER 3 TRAINING with Tom McCook

 **balanced body**™ March 11 - 13, 2011

There is still space in this weekend's Reformer 3 course. This is a key module for Pilates Reformer certification, as well as full Pilates teacher certification.

Reformer 3 also a great refresher course for certified instructors to learn new teaching tools for advanced exercises, plus modifications for sports specific activities, tips for training the advanced client, and programs designed for specific sports.

[Click here to read more and to register!](#)

Center of Balance specializes in Pilates, Yoga, Franklin Method, CoreAlign, BodyCode System, Resistance Stretching and Body Therapy.

Voted BEST PILATES STUDIO in the Bay Area by San Francisco magazine!

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