

Study with a Advanced Senior Pilates Teacher

Pilates Teacher Training with Gail Giovanniello

Reformer - Cadillac - Chair & Barrels

Learn all of the intricacies of how each apparatus operates for optimal spine alignment, joint mobility & core stability

Learn how the legs connect to the pelvis & arms attach to the back for empowerment in movement & long and lean muscular tone



Expert Instruction in Cueing Pilates Clients



Chair & Barrels Training:

June 24, 26, 28 & July 1, 3, 5
Mon, Wed & Fridays from 4 - 8 PM

Expert Guidance in Using Pilates Equipment

Sign up for single courses or for the complete full-time program

Whether you plan on becoming an instructor yourself or simply wish to deepen your understanding of Pilates, these trainings will transform your body and your mind.

Call 212-426-7960 or go to www.MindYourBodyFitness.com and see the website Continuing Education section



Expert Demonstration of Pilates Exercises

Gail Giovanniello is professionally certified by the Pilates Method Alliance. Gail conducts her teacher trainings using the guidelines established by this organization which offers the only psychometrically validated third-party written certification exam in the Pilates field. Students of her training learn Pre-Pilates, all apparatus including Reformer, Cadillac, Chair & Barrels, and will be well-prepared from this Pilates training to take the PMA exam and become certified.

Gail has been selected to teach Pre-Pilates Mat Classes to attendees of the PMA conference in October 2013.

