

FUSION PILATES INSTRUCTOR, Graz, Austria

27.5.-28.5.2023

Price: €250

About FUSION PILATES program?

FUSION PILATES is not classic PILATES, it is a mixture of different PILATES techniques that brings exercise closer to all generations in a simple way. It is the fastest possible way for the instructor to teach the PILATES technique in a programme that is optimal and prepared in advance.

It is a revolutionary technique which is easy to learn, therefore will be quickly mastered by the experts in the field of kinesiology and sports. Moreover, it provides trainees with a great deal of satisfaction and rapid progress within the programme. It is one of the most popular fusion programmes.

The weekend course consists of the license (1st day) and the programme (2nd day).

What will I learn in the course?

After successfully completing FUSION PILATES course, you will receive an international license and training programme, which will enable you to start your career as pilates teacher.

You will acquire knowledge of basic kinesiology, pilates techniques, pilates principles, techniques to modify elements of exercises and programming. All given theoretical knowledge and you will test also in practice.

Course description:

The course takes place on Saturday and Sunday, from 9 a.m. to 5 p.m. It consists from master classes and various workshops.

You will learn about the principles of pilates and get to know how to analyse the exercises and listen to theoretical presentations of programming and periodization of the programme at the workshops. The course consists of new FUSION PILATES programme, supported by musical background and a workshop of individual segments of the exercise, a final test, a discussion and ceremony for licenses.

As FUSION PILATES expert, you can renew your license once a year, and it is recommended for you to master new exercise programme (new programme, exercises and music, new approach) every three to six months. You can practice FUSION PILATES anywhere, but it is important that you do it professionally and justify the quality of the work. At BODIFIT Academy, we strongly believe you will become a desired expert in the industry.

We absolutely believe LESS IS MORE – and that is one of the main rules of pilates in the world. We are already looking forward to the meeting, thank you for your trust!
