

TURN YOUR MOVEMENT INTO A CAREER

PILATES INSTRUCTOR TRAINING

THE
mixed
method®

Master Instructor & TMM Education Director
Shauna Smith-Yates

**FOUNDATIONAL
COURSES AVAILABLE**

Train With The Mixed Method | NPCP-Registered Program | 2 Miles From Campus

Where: The BodySmith Pilates and Fitness Center
1136 E St Louis St - Springfield, Mo 65806

Email + RSVP: Shauna@bodysmithpilates.com

Training Track: Learn to instruct clients utilizing all 6 Pilates modalities (Reformer, Mat, Chair, Tower, Cadillac, Barrels) You pick your teaching path!

*The Full TMM Comprehensive certification is +500 hr and takes 12-15 months to complete.