

OUR COACHES

Our coaches are young, enthusiastic trainers with an immense passion for health and fitness. Mohit and Rishabh are Certified Personal Trainers with years of experience in Pilates coaching. Both are also trained and certified in Resistance Training, Rehab Training, Sports nutrition, and Transformation Expert.



COACH RISHABH



COACH MOHIT

Our Certification is ideal for:

- Anyone who wants to set up a business as a Pilates Reformer Teacher
- Fitness instructors and personal trainers who would also like to train for Pilates
- Students who want an in-depth knowledge of Pilates
- Therapists and health care workers who want to add new skills to help their clients

PILATES TRAINER CERTIFICATION

Shape your Career



Course Includes:

Advance-level exercises/variations with Reformer, Cadillac, Wunda Chair, Ladder Barrel, and Spine Corrector.

Step-by-step guided exercise plan that will help you to learn each exercise safely and consciously while learning the purpose and target muscle group of all the exercises. After completing the course, you will be recognized as a Balance Pilates Certified Instructor.

CONTACT US

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OVERVIEW

Pilates is the ideal way to build a strong, flexible, mobile and toned body and is suitable for everyone at any age. Perfect to improve posture, core strength and for preventing or recovering from injuries.

The course is divided into easy to follow increments for all levels. You will learn:

- Pilates breathing techniques
- Proper body movement
- How to train your core muscles
- Good posture
- Pilates exercises to promote health
- Combining the tools to create custom exercise regimen

The training schedule allows your body to adapt to the workouts slowly and effectively. Each exercise includes a full breakdown and you will learn the biomechanical principles of core stability, breathing, and alignment. Also includes modifications to increase and decrease difficulty/intensity in different variations/exercises.

- India has more than 60 Lacs active fitness members.
- Delhi-NCR and Mumbai are voted most fitness conscious cities.
- Pilates is one of the most popular and dominating form of exercise.
- One Pilate training session can cost up to 3000/-
- Turn your fitness passion in to a fulfilling career.

JOIN TODAY AND BECOME PART OF THE FITNESS SERVICES MARKET WORTH \$2.6 BILLION.

Promoters behind Balance Pilates have extensive experience serving the fitness industry with a passion for fitness and wellbeing for a staggering 30 years.

- Our trainers are certified experts with exclusive experience in Pilates Training.
- Get comprehensive hands on training with practical knowledge of tools.
- After completing the program, you should be able to work with students of all ages and levels.

CERTIFIED PILATES TRAINING

An intensive training program that prepares you to be Pilates Trainer.

COURSE FEE

~~50,000/-~~ **29,900/-** ONLY

REFORMER

TWO WEEK TRAINING

CADILLAC

ONE WEEK TRAINING

WUNDA CHAIR

ONE WEEK TRAINING

LADDER BARREL & SPINE CORRECTOR

ONE WEEK TRAINING

ON THE JOB TRAINING

TWO WEEK TRAINING