



The Women's Health and Exercise/Pilates Specialist Certification

*Pre requisites

Modules	Hours	Price (USD)	Full Certification Price Discounted	Materials included
*Rocking and Rolling to Release	8	400	360	EBook
*Support your Floor online course	6	275	248	EBook
Pre and Postnatal Theory and Mat (must be completed before equipment)	8	400	360	2 EBooks
Pre and Postnatal Pilates Equipment	6	350	315	2 EBooks
Exercise through Menopause/Pilates for Menopause Theory and Mat (must be completed before equipment)	8	400	360	EBook

Pilates for Menopause Pilates Equipment	8	400	360	2 EBooks
The Center Method for Diastasis Recti Recovery	8	375	338	EBook
Buff Bones	Online through Buff Bones website	499	424	
The Pink Ribbon Program	Online through Pink Ribbon website	375	275	
	Total - Pilates Mat and Equipment	3474	3040	Purchase necessary- 2 balls
	Total Health and Exercise	2724	2452	\$32 plus shipping



Pre and Postnatal Health and Exercise/Pilates Specialist Certification

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*Rocking and Rolling to Release	8	400	360	EBook
*Support your Floor	6	275	248	EBook
Pre and Postnatal Mat and Theory (must be	8	400	360	2 EBooks

completed before equipment course)				
Pre and Postnatal Pilates Equipment	6	350	315	2 EBooks
The Center Method for Diastasis Recti Recovery	8	400	360	EBook
	Total Pilates Mat and Equipment	1825	1643	Purchase necessary- 2 balls -\$32 plus shipping for balls
	Total Pilates Mat only	1475	1328	
	Total Health and Exercise Group Mat	1475	1328	



Pilates for Menopause Health and Exercise/Pilates Specialist Certification

Modules	Hours	Price (USD)	Full Certification Price Discounted	Materials included
*Rocking and Rolling to Release	8	400	360	EBook
*Support your Floor	6	275	248	EBook

Exercise through Menopause/Pilates for Menopause Mat and Theory (must be completed before equipment course)	6	350	315	EBook
Pilates for Menopause Equipment	8	400	360	3 Ebooks
		1425	1283	Purchase necessary- 2 balls -\$32 plus shipping for balls



THE CENTER METHOD™
for diastasis recti recovery

Diastasis Recti Recovery Specialist Certification

Modules	Hours	Price (USD)	Full Certification Price Discounted	Materials included
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*Rocking and Rolling to Release	8	400	360	EBook
*Support your Floor	6	275	248	EBook
The Center Method for Diastasis Recti Recovery	6	375	338	EBook
		1050	945	Purchase necessary- 2 balls -\$32 plus shipping for balls