

# Pilatique 2010 Certification Courses & Workshops

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| <p><b>Intensive Mat-Plus</b><br/>(IMP - 40 hrs)</p> <p><b>@ Fitness Innovation (Thailand) Ltd</b></p> <p>Jan 21 – 24 &amp; Jan 28 – 31<br/>May 27 – 30 &amp; Jun 3 – 6<br/>Thursday to Sunday   2:00pm to 9:00pm</p> <p><b>@ Pilatique, Kuala Lumpur</b></p> <p>Mar 11 – 14 &amp; Mar 18 – 21;<br/>Jun 17 – 20 &amp; Jun 24 – 27;<br/>Aug 19 – 22 &amp; Aug 26 – 29; and<br/>Nov 11 – 14 &amp; Nov 18 – 21</p> <p>Thursday &amp; Friday   2:00pm to 7:30pm<br/>Saturday   11:30am to 5:00pm<br/>Sunday   9:00am to 2:30pm</p> <p><b>Intensive Reformer</b><br/>(IR - 50 hrs)</p> | <p><b>Advance Matwork</b><br/>(AM - 6 hrs)</p> <p>Mar 23<br/>Tuesday   2:00pm to 8:30pm</p> <p><b>Advance Reformer</b><br/>(AR - 18 hrs)</p> <p>Apr 9 – 11<br/>Friday   2:00pm to 8:30pm<br/>Saturday   11:30am to 6:00pm<br/>Sunday   9:00am to 3:30pm</p> <p><b>Advance Cadillac, Chair &amp; Barrel</b><br/>(ACCB - 12 hrs)</p> <p>May 22 - 23<br/>Saturday   11:30am to 6:00pm<br/>Sunday   9:00am to 3:30pm</p> |
| <p>Mar 24 – 28 &amp; Mar 31 – Apr 4;<br/>Jun 30 – Jul 4 &amp; Jul 7 – 11; and<br/>Sep 29 – Oct 3 &amp; Oct 6 – 10</p> <p>Wednesday to Friday   2:00pm to 7:30pm<br/>Saturday   11:30am to 5:00pm<br/>Sunday   9:00am to 2:30pm</p> <p><b>Intensive Cadillac, Chair &amp; Barrel</b><br/>(ICCB - 50 hrs)</p> <p>Apr 21 – 25 &amp; Apr 28 – May 2<br/>Wednesday to Friday   2:00pm to 7:30pm<br/>Saturday   11:30am to 5:00pm<br/>Sunday   9:00am to 2:30pm</p>  | <p><b>Injuries &amp; Special Populations</b><br/>(ISP - 24 hrs)</p> <p>May 17 – 20<br/>Monday - Thursday   2:00pm to 8:30pm</p>    |
| <p><b>Anatomy Review</b> (3 hrs)</p> <p><b>@ Fitness Innovations (Thailand) Ltd.</b></p> <p>Jan 25, May 31<br/>Mon   6:00pm to 9:00pm</p> <p><b>@ Pilatique, Kuala Lumpur</b></p> <p>Mar 8; Jun 14; Aug 23; and Nov 8<br/>Mon   6:00pm to 9:00pm</p>   | <p><b>Postural Analysis Review</b> (3 hrs)</p> <p><b>@ Fitness Innovations (Thailand) Ltd</b></p> <p>Jan 26, Jun 1<br/>Tue   6:00pm to 9:00pm</p> <p><b>@ Pilatique, Kuala Lumpur</b></p> <p>Mar 9, Jun 15, Aug 24 &amp; Nov 9<br/>Tue   6:00pm to 9:00pm</p>  |

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## Course Fees as of January, 2010

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| Intensive Mat-Plus (IMP) + Materials + 1 Exam Attempt*                  | = RM 5,000   |
| Intensive Reformer (IR) + Materials + 1 Exam Attempt*                   | = RM 7,000   |
| Intensive Cadillac, Chair & Barrel (ICCB) + Materials + 1 Exam Attempt* | = RM 9,000   |
| Advance Mat (AM) + Materials + 1 Exam Attempt*                          | = RM 2,000   |
| Advance Reformer (AR) + Materials + 1 Exam Attempt*                     | = RM 4,000   |
| Advance Cadillac, Chair & Barrel (ACCB) + Materials + 1 Exam Attempt*   | = RM 3,000   |
| Injury & Special Population (ISP) + Materials                           | = RM 6,000   |
| Combine any 2 course  | <b>5% DISCOUNT</b>   |
| Combine more than 2 courses   | <b>10% DISCOUNT</b>  |
| Workshop (Mat based)<br>Workshop (Equipment based)                      | = RM 75 each hour<br>= RM 100 each hour<br><br><b>When you signed up 2 or more workshops, 10% DISCOUNT</b> |
| Anatomy Review / Postural Analysis Review Workshop                      | = RM 250 each (Both RM 450)  |

- Exam is to be taken within 6 months after last day of training
- As a pre-requisite for IMP & IR, students are required to attend Anatomy Review and Postural Analysis Review Workshops. If one has undergone other Anatomy and Postural Analysis related courses or workshops, they may appeal for exemption with a letter of completion or certificate
- Applications must be accompanied by a NON-REFUNDABLE deposit of 30% of the course fee and full payment of Anatomy Review + Postural Analysis Review workshop fees are required.
- Maximum of 12 participants in the training.
- Students must attend all classes. If a student misses less than five (5) hours of a course, they need to make up half the time in private review at their cost (2:1 ratio of hours missed to hours made up). If a student misses more than five (5) hours, they must make up the same amount of hours missed (1:1 ratio). The make up hour is at RM200 per hour.

## Payment Details

### Bank:

HSBC Bank Malaysia Berhad  
Level 1 Annexe, Menara Milenium,  
Jalan Damanlela,  
Pusat Bandar Damansara,  
Damansara Heights  
50490 Kuala Lumpur  
Tel: 1 300 88 0181 or +603 2050 7676  
Fax: +603 2093 2321

### SWIFT CODE:

HBMBMYKL

### ACCOUNT NAME:

BALANCED WORKOUT SDN. BHD.

### ACCOUNT NUMBER:

359-210168-101

- Please fax transaction copy to +603 2092 5055 or email [steven@pilatique.com](mailto:steven@pilatique.com) for confirmation
- Payment for courses made through credit card will incur a 2.5% Finance Charge



Balanced Workout Sdn. Bhd. (702362-V)

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