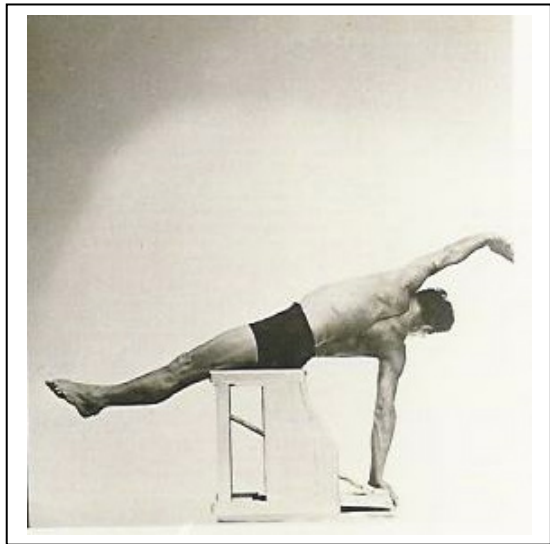


The United States Pilates Association™ Is proud to announce A Continuing Education Seminar



ADVANCED SYSTEM WORKSHOP For the New York Pilates Studio®

Certification Program

June 18th, 19th, 20th, 2009
9:00 AM To 5:00 PM Daily

Pilates Institute SM of

Ft. Lauderdale

3342 NE 32nd St.

Ft. Lauderdale, Florida 33308

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David Freeman has been practicing Authentic Pilates for more than 14 years and has been a certified instructor in the Authentic Pilates™ Method of Body Conditioning since 1999. He has been a Teacher-Trainer in the method since 2005. He has trained extensively with first generation teacher Romana Kryzanowska. David opened the Pilates Institute in Ft. Lauderdale in 2001 and is a principal of the United States Pilates Association™ which has been operating the New York Pilates Studio® Teacher Certification Program since 2005. David has also done extensive work with the Pilates Archives which is also exclusively licensed to the U.S.P.A.™.

Join David as he reviews all of the advanced exercises on all of the pilates apparatus.

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