



BECOME A PILATES REFORMER TEACHER

Polestar's Reformer Teacher Training empowers you to become the kind of teacher who inspires, not just instructs. Through a blend of labs, online learning, and mentorship, you'll gain the skills to create empowering, transformative movement experiences. Step into your purpose and guide others to feel strong, present, and at home in their bodies.

FALL 2025: KEY BISCAYNE, FL

COURSE TIMES: 12-6:30 PM

**PRINCIPLES OF MOVEMENT
REFORMER 1
REFORMER 2
REFORMER 3
FINAL EXAM**

**FEB 28- MAR 1, 2026
MARCH 28-29, 2026
APRIL 25-26, 2026
MAY 30-31, 2026
OCTOBER 4, 2026**



**MICHELLE MENENDEZ
NCPT**



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