



# 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.

**2026: SALT LAKE CITY, UT**

**COURSE TIMES: SATURDAYS & SUNDAYS 12-6:30 PM**

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

**JANUARY 24-25, 2026  
FEBRUARY 21-22, 2026  
MARCH 21-22, 2026  
APRIL 18-19, 2026  
MAY 31, 2026  
JUNE 28, 2026**



**LESLIE HALES**



**NICHOLE ZUCKERMAN**

SEVEN  
SISTERS

**Seven Sisters Studio**  
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