

MILESTONES

FIRST SESSION	Sep 19-20, 2026	MIDTERM	Feb 13-14, 2027
WRITTEN EXAM	Jul 10-12, 2027	PRACTICAL EXAM	Jul 17, 2027

ROLLING LIVE ONLINE SESSIONS

12-1 PM CT

EVERY 1ST SAT Case Study	EVERY 3RD SUN Case Study
EVERY 2ND SAT Movement Workshop	EVERY 4TH SUN Movement Workshop

Students must attend a minimum of 6 Case Study Sessions and 6 Movement Workshops over the entirety of the course

SESSION TIMES (SAT) 9AM-4:30PM (SUN) 9AM-1:30PM

An asterisk () indicates midterm included on this date.*

PRINCIPLES OF MOVEMENT

September 19-20, 2026

MODULE 4 February 13-14, 2027*

MODULE 1

October 17-18, 2026

MODULE 5 March 20-21, 2027

MODULE 2

November 14-15, 2026

MODULE 6 April 24-25, 2027

MODULE 3

January 9-10, 2027

MODULE 7 June 5-6, 2027



GARY FOK, NCPT



MAUREEN SHEA, NCPT



MOTION VITALITY PILATES

Unit 3, 7780 Woodbine Avenue,
Markham, Ontario, Canada L3R
2N7