



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: ALAMEDA, CA

COURSE TIMES: SATURDAYS 12:30-5:30/ SUNDAYS 9:30-5:30

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

**JAN 31-FEB 1, 2026
MAY 16-17, 2026
JULY 18-19, 2026
AUG 22-23, 2026
OCT 4, 2026
OCT 17-19, 2026
OCT 25, 2026**



**ADA WELLS
PT, DPT, NCPT**



**PROBALANCE PT & PILATES
2213 Harbor Bay Pkwy,
Alameda, CA 94502**