



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: CHICAGO, IL

COURSE TIMES: 8am-2:30pm

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

**MAY 30-31, 2026
JUN 27-28, 2026
JULY 25-26, 2026
AUG 29-30, 2026
OCT 4, 2026
JAN 16-18, 2027
JAN 24, 2027**



**THERESE CLEMENTI
NCPT**

**MEGAN FEINGOLD
NCPT**



STUDIO 1002 PILATES
1002 W Diversey Pkwy
Chicago, IL 60614