



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 2026: JACKSONVILLE, FL

COURSE TIMES: SAT 11AM-6PM / SUN 9AM-4PM

PRINCIPLES OF MOVEMENT
REFORMER 1
REFORMER 2
REFORMER 3
REF 3 CHECKOFFS + EXAM PREP
FINAL WRITTEN EXAM
FINAL PRACTICAL EXAM

OCTOBER 3-4, 2026
NOVEMBER 14-15, 2026
JANUARY 16-17, 2027
FEBRUARY 20-21, 2027
APRIL 3, 2027
MAY 8-10, 2027
MAY 15, 2027



LYN PETERSON
PT, DPT, NCPT

synergy studio
pilates • physical therapy • massage

SYNERGY STUDIO
4591 Lakeside Drive, Suite 103
Jacksonville, FL 32210