



BarSculpt

# Comprehensive Teacher Training

**Barre, Pilates Mat, Reformer, Cadillac, Chair, Barrels, Bounce and anatomy, Biomechanics and posture**

**Dates: September 17, 2022 – May 21, 2023**

Location: BarSculpt, 615 Congress Street, Suite 403, Portland ME 04101

Trainer: Leslie Guerin

Contact: [Leslie@BarSculpt.com](mailto:Leslie@BarSculpt.com) or (207) 370-4422

Tuition: \$3600 if Paid in Full by June 15, 2022

\$4100 if paid in full by August 1, 2022

\$4500 after Monday August 1, 2022

Previous Barre & Pilates Trainees receive 10% off when paying in full

A \$500 deposit is needed to hold your spot (deposit is included in total)

Class Requirements: Students must TAKE classes at any studio in ALL of these modalities. Participants will receive 28 classes to be used at BarSculpt.

Hours: All sessions are 9am-5pm and will be a mixture of workouts, lecture and practice

**Anatomy,  
Biomechanics and  
Posture: September  
17 & 18, 2022**

**Barre: September  
24, 25, 29, 30, 2022**

**Mat Pilates:  
November 5, 6, 12,  
13, 2022**

**Reformer Pilates:  
January 7,8, 21, 22,  
February 4,5,  
March 4 & 5, 2023**

**Cadillac, Chair &  
Barrels: March 25,  
26, April 1, 2, 29,  
30, May 6, 7, 20,  
2023**

**Bounce: May 21,  
2023**