



The New York Pilates Studio® ***Teacher Training in Aurora, ON Canada***



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*Out of the all the pilates styles – Joe's Contrology®
is most true to Joseph Pilates' teaching.*

The New York Pilates Studio® Teacher Training program is the original and longest running comprehensive pilates training program in the world, first originated by Joseph Pilates himself, and later taught by Romana Kryzanowska and run by Sean Gallagher. Today, Sean continues the legacy of the program with training centers in Rhinebeck, NY; Merida, Mexico; Aurora ON, Canada; and Sao Paulo, Brazil .

The New York Pilates Studio® Teacher Training program consists of two phases. Phase one is academic study throughout the Seminar Series, followed by phase two, continued hands on apprentice training and studying. Additional requirements needed.

For more information and to apply email us at rina@pilatesbyrina.com

Or visit our website at www.pilatesbyrina.com

You can also download the CERTIFICATION INFORMATION PACKET

DATES

Basic

February 20, 21, 22, 2026

Intermediate

May 8, 9, 10 2026

Advanced

July 24, 25, 26 2026

LOCATION

Pilates by Rina

***220 Industrial Parkway South
Unit 38***

Aurora, Ontario, L4G 3V6

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Pilates
by Rina