



## BarSculpt® Certification



*“Down to earth, friendly, intelligent & results oriented.”*

BarSculpt® is an all levels group class designed to increase flexibility, strength, and balance. BarSculpt® is an interval training mix of Pilates mat, yoga stretching, and sports conditioning rolled into one unique timed system. This cardiovascular class, uses a ballet barre, small hand weights, and your own body weight, to build a strong, flexible, and healthy sculpted body. Clients lose weight, gain bone density, lose body fat, increase cardiovascular endurance, and leave the class with gained vitality.

This certification course will teach you how to lead a BarSculpt® class, or teach privately. In this 40 hour course, you will be a student within the class for 10 classes, getting the moves into your own body. You will also learn postural analysis, and be able to dissect the strengthening and stretching sections while learning how to teach, modify, and correct with a hands on approach and verbal cuing.

**DATES:** JULY 27th-31st 9:30am to 6pm  
\*1/2 hour break included

**COST:** \$600 \*includes all materials

All students applying for admission into BarSculpt® certification course must provide the following:

1. Completed application form.
2. \$200 deposit.
3. Personal statement summarizing your intentions.

While students enrolling in Pure Movement Portland training courses are not required to have previous experience, we feel that students who come into the course with some prior experience are able to progress much more quickly.

Pure Movement Portland offers classes every day of the week, and private instruction by appointment. For our full schedule of courses, visit:

[www.PureMovementPortland.com](http://www.PureMovementPortland.com)  
[training@PureMovementPortland.com](mailto:training@PureMovementPortland.com)