

## EDUCATION WORKSHOPS

**Studio 1002 has partnered with The Center for Women's Fitness and Polestar Pilates to bring you the latest in certification courses, continuing education and pop up classes!**

### **Polestar Comprehensive Course**

For more information please email, [contact@katestrozak.com](mailto:contact@katestrozak.com)

### **Rocking and Rolling to Release with educator Carolyne Anthony from The Center for Women's Fitness**

Date: 9/25

Time: 9am -5pm

### **Oov Fundamental Course**

Cost: \$500

For more information please email, [info@ooveducation.com](mailto:info@ooveducation.com)

### **Rocking and Rolling to Release**

Cost: \$400 plus \$80 for materials

For more information please email Megan Dillow, [mdillow@chicagoathleticclubs.com](mailto:mdillow@chicagoathleticclubs.com)

### **Support Your Floor**

Date: 11/4

Time: 9am-5pm

Cost: \$350 plus \$90 for materials

For more information please email Megan Dillow, [mdillow@chicagoathleticclubs.com](mailto:mdillow@chicagoathleticclubs.com)

### **Pre/Post Natal Mat**

Date: 1/14

Time: 9am-5pm

Cost: \$400 plus \$120 for materials

For more information please email Megan Dillow, [mdillow@chicagoathleticclubs.com](mailto:mdillow@chicagoathleticclubs.com)

### **Pre/Post Natal Equipment**

Date: 4/22

Time: 9am-5pm

Cost: \$400 plus \$90 for materials

For more information please email Megan Dillow, [mdillow@chicagoathleticclubs.com](mailto:mdillow@chicagoathleticclubs.com)