

Certificate of Completion

Has successfully completed the
Pilates Mat Level I

Intensive 2-Day Workshop

Linda Benton on

at Athletic Club, Chicago

More than 50 Beginner & Intermediate Mat Exercises Taught Over 18 Hours

Upon completion of an apprentice period this instructor will become
certified to teach Pilates Level I Mat.

PILATES INSTITUTE OF AMERICA

C. Aymerick

Signature

Date

10/24/04

PIA
Shape the Best