



# GRANDE SPA

## PILATES IN PARADISE

PILATES INSTRUCTOR TRAINING PROGRAM – EXO CHAIR – GLOBAL

The EXO Chair combines all of the functions of a traditional Pilates chair with elastic tubing to create the ideal all-in-one workout system. The Balanced Body EXO Chair Instructor Training includes beginning through advanced levels.

### WHEN

**February 10 & 11, 2018**

Saturday: 9:00am – 6:00pm

Sunday: 9:00am – 12:00pm

US \$349<sup>\*</sup>  
per person

### WHERE

*GRANDE SPA is located at*

**Jewel Grande Montego Bay Resort & Spa**

Rose Hall Road, Montego Bay, Jamaica

\*Rate valid for 2-day Training Program only. Accommodations are additional and need to be reserved separately.

TO REGISTER FOR TRAINING PROGRAM, GO TO  
[PILATES.COM/EDUCATION-FINDER](http://PILATES.COM/EDUCATION-FINDER) AND CHOOSE  
**EDUCATOR – JEWEL GRANDE MONTEGO BAY RESORT & SPA**  
OR CALL **877-745-2837**

December 2017

FOR ROOM RESERVATIONS VISIT  
[JEWELGRANDE.COM](http://JEWELGRANDE.COM), 1-888-797-2735 OR 876-953-8000