

More on the Chair

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Led by: Nancy Gwinnett Hurd

I am really looking forward to sharing some fun and challenging Classical Chair exercises with you in my “More on The Chair” Workshop. The chair is one of my favorite tools in the studio. Clients love both the athleticism and beauty of the chair. Not to mention the amazing results they gain from consistently doing the chair work.

By taking this workshop you will be able to:

- Challenge both your own and your client's workouts
- Learn new exercises and variations to existing exercises
- Up your individual needs section
- Grow your understanding of progression and shapes in space.

So are you ready to bring your chair workout and teaching to the next Level? Then this is the course is for you!

Veronica Ethridge Barrick (featured in the picture) and I look forward to seeing you there.

-Nancy

March 26, 2025



2-4pm EST

2 CEC's \$70

Can't Make it Live?

Register and a Video will be sent to you

Sign up here for Europe/Middle east:
<https://peaku.peakpilates.eu/p/more-on-the-chair?instance=6785176eee684d696c023536>

Sign up here for USA/Asia:
<https://peaku.peakpilates.com/p/more-on-the-chair?instance=675cbd392e475d4cbb000679>