



September 30th 2019

Dear Meghan,

Congratulations! You have completed and passed all phases and requirements of Core Pilates NYC Mat Training Course™. Your certificate is enclosed.

The NASM information for your Continuing Education credits is as follows:

Beginner Mat Training Course:

Core Pilates NYC provider #607

Course #1614

CEUs awarded: 1.9

Intermediate Mat Training Course:

Core Pilates NYC provider #607

Course #1616

CEUs awarded: 1.3

The ACE information for your Continuing Education credits is as follows:

Beginner Mat Training Course:

Course #CEP30391

CEU's awarded: 1.8

Intermediate Mat Training Course:

Course #CEP30398

CEU's awarded: 1.6

We hope that you are feeling encouraged and enthusiastic about teaching Pilates Mat, now that your arsenal of exercises is expansive and fun! Safety is something to be mindful of as you teach – especially when incorporating the intermediate exercises. Please teach responsibly, and continue your own practice as we are all beginners in this wonderful Method and there is always more to learn.

Now that you have a strong foundation of Pilates Mat Exercises, please make sure to continue your learning by seeking out continuing education courses to further enhance your teaching. Your Pilates education may have finished when you walked out of the Core doors, but the TRUE learning occurs when you begin teaching and connecting with the Pilates community. And of course, consider becoming fully trained in Core's Comprehensive Training Program!

Keep up the good work!

The Team at Core Pilates NYC

Certificate of Completion

Meghan Keeney

Participant Name

Core Pilates NYC

Organization

The Mat Training Course

Course Title

CEP30391, CEP30398

Course Number

September 21, 22, 28, 29 2019

Date of Course

Jennifer Lancaster

Instructor



Jennifer Lancaster
Education Director

3.4

CEC's Awarded

Faculty Signature

MEGHAN KEENEY



has successfully completed the required course of study in

The Mat Training Course

Incorporating anatomy and the classical principles of Beginner and Intermediate Pilates

Mat exercises according to Joseph Pilates, as taught by Core Pilates NYC®

This 30th day of September, 2019

A handwritten signature in black ink that reads "Michelle Fama".

Michelle Fama
Co-Owner and Director

A handwritten signature in black ink that reads "Jennifer Lancaster".

Jennifer Lancaster
Education Director



Certificate Number: M-000795