The New York Pilates Studio®
Prior Sessions Log

NAME_____ Attending Center/Studio_____

DATE BEGUN_____ DATE COMPLETED_____

Overall 30 hrs.on apparatus must be documented and 5 hrs. on mat. Authorization is only given by Sean P. Gallagher, Director; or Suzanne Lavey, Supervising Instructor at the New York Pilates Studio®. please note that dong your hours at another studio requires that the teacher at the other studio needs to be certified by either Pilates, Inc, The New York Pilates Studio or the united states Pilates association and must contact our Supervising instructor before you start training with them. *** Please remember that your test for entrance into our program requires that you are proficient in demonstrating the basic Authentic Pilates session and you should train appropriately to achieve this goal. *** You can not do more than 2 sessions in one day.

DATE	MAT	REFOR	CADILLAC	CHAIR	BARREL	New York Pilates Studio® hrs	Other Studio hrs.	Auth. Signat.

Ttl Pilates Studio⁷ Hrs._____ Ttl other studo hrs_____

Grand Total_____