



NEXT LEVEL Pilates Cueing – Stephanie Glickman

Take your cueing of Pilates fundamental exercises up a notch with this workshop-style masterclass.

All Pilates exercises have a shape. Learn how to look for and cue these shapes both verbally and with gentle but direct manual assists. Lots of take aways to implement straight way into your teaching.

Recommended for instructors with experience teaching Pilates or similar styles.

Stephanie Glickman has been teaching Pilates full time for 14 years. She owns and manages Brunswick-based Armature, a pilates and strength training facility which has just celebrated its 12th anniversary.

A former Stott Pilates Instructor Trainer, she now lectures in Pilates and Clinical Pilates for Breathe Education on both Cert IV and Diploma courses and regularly presents at national fitness and Pilates conferences.

She's trained through Stott Pilates, Breathe Education, Polestar and Pilates ITC and holds principal trainer status with the PAA (Pilates Association Australasia).

When not pilates-ing, she is parenting two children, writing dance reviews for the Herald Sun, instructing Les Mills Body Step and recreationally powerlifting.



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