

MEGAFIT

Lagree Teacher Training

San Marino, California

June 2026

LAGREE TEACHER TRAINING – JUNE 2026

A boutique, high-touch training designed for those ready to deepen their practice and step into teaching with confidence.

ABOUT YOUR INSTRUCTOR

With over two decades of experience in movement-based training and coaching, I offer a highly refined and detail-oriented approach to Lagree instructor education. My focus is on precision, clarity, and developing instructors who can teach with confidence, control, and intention.

This training goes beyond theory—each trainee is guided through real application, hands-on practice, and personalized feedback throughout the process.

I intentionally keep the group small to ensure a high level of attention, support, and an elevated learning experience.

TRAINING FORMAT

- 4 in-person sessions (Megapro)
- 2 weekends (Saturday + Sunday)
- 4-week mentorship (online)

DATES

Weekend 1

Saturday, June 6 - 2:30 PM to 8:00 PM

Sunday, June 7 - 2:30 PM to 8:00 PM

Weekend 2

Saturday, June 13- 2:30 PM to 8:00 PM

Sunday, June 14 - 2:30 PM to 8:00 PM

Mentorship (Online)

Scheduled based on group availability (4 weeks)

LOCATION

San Marino, CA

WHAT YOU'LL LEARN

- Lagree method fundamentals + sequencing

- Machine mastery (Megapro)
- Cueing, transitions, and flow
- Routine building
- Hands-on coaching practice
- Real-time feedback + personalized guidance

WHAT'S INCLUDED

- Lifetime access to Lagree Academy
- Official Level 1 Certification recognized worldwide (never expires)
- Eligibility to pursue Level 2 Certification
- Routine building practice and real application
- Priority opportunity to audition for MEGAFIT (employment not guaranteed)

WHAT MAKES THIS TRAINING DIFFERENT

- Small group (limited spots)
- Individual attention tailored to each trainee
- Direct mentorship beyond the training weekends
- A refined, intentional learning environment

INVESTMENT

Full Training: \$2,200 (until May 27, 2026)

\$2,500 after May 27, 2026

Deposit: \$700 (non-refundable)

Full payment is required before the start of the training to secure your participation.

IMPORTANT

- The remaining balance must be paid in full prior to the first training session
- Access to Lagree Academy is granted only after full payment is completed
- Spots are limited and confirmed only after deposit is received

PAYMENT (ZELLE)

Send to: fdrpilates@yahoo.it

Please include your full name in the payment note

For additional questions feel free to reach out @fitwithfrancescarock