

the core center™ Pilates Instructor Education System

Comprehensive Primary Training

General information

This training course is structured as a 14-month lecture and apprenticeship program. Starting in February of 2014, the lecture weekends will be shared between two studios in the St Louis bi-state area. Five of the weekends will be held at Pilates + Yoga Studio in Saint Louis, Missouri, and four of the weekends will be held at The Pilates Barre Studio in Edwardsville, Illinois. Each student will **choose one host studio** to observe, practice teach, and workout in for their full apprenticeship. This will be the student's home studio for the duration of his or her apprenticeship.

Prerequisites for the program include:

- ◆ a love of fitness
- ◆ a commitment to whole body health
- ◆ a strong personal practice of the Pilates method amounting to an advanced beginner/intermediate level of competency
- ◆ no personal injuries which would preclude you from participating in a very physically strenuous practice
- ◆ a compassionate desire to teach and to assist all types of people with positive movement experiences.

This program may be started in the spring or the fall commencing with the weekend lecture workshops.

You are required to complete 675 hours (consisting of both the lecture and apprenticeship portions) within a 14-month time span. This is in keeping with the Pilates Method Alliance requirement for a comprehensive Pilates Instructor training program.

Program cost is \$4200

The program cost may be divided into monthly payments of \$300 during the course of your training, with payments accepted on a predetermined date each month. Program payments will be made by check to the core center Llc.

Program cost includes all weekend lectures, 12 private Pilates sessions, teaching clinics, evaluations and written testing.

The lecture portion requires you to be present for 125 hours of 9 weekend workshops: Feb, March, April, May, a summer weekend and Aug, September, October and November. Dates for the weekend lectures are determined yearly.

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The apprenticeship portion requires you to observe, practice teach, workout and take lessons at the Host Pilates Studio. Apprenticeship hours are as follows:

- ◆ 100 observation hours with a **comprehensively certified Pilates Instructor**
- ◆ 100 lessons with a **comprehensively certified Pilates Instructor**
- ◆ 100 personal Pilates workouts
- ◆ 200 practice teaching sessions
- ◆ 50 hours of miscellaneous work consisting of study, anatomy, watching videos, yoga lessons or other workshops in related fields

Fees associated with the program and not incorporated in the \$4200 program cost:

- ◆ a \$120 books and materials fee
- ◆ the cost of the remaining 88 lessons over the course of the apprenticeship, estimated to be between \$840 and \$1205 for the 14 months
- ◆ a \$125 monthly studio fee, **paid directly to your host studio**, which covers your use of the studio for personal workouts, practice teaching hours, observation hours and also gives you access to a reduced student rate for mat and equipment classes at your host studio.
- ◆ a \$225 testing fee for three practical tests (\$75 each), to be scheduled with the program director. Students are responsible for finding their own "clients" for the testing process, but the host studio may assist you with this

The estimated total cost of this program with all fees, lesson and testing costs considered is approximately \$7000-\$7500 for 14 months of training.

Some additional pieces of information to consider about Pilates comprehensive training

If you need more technical information or time to complete the program, there are two options you may consider: 1) choose to repeat any or all weekend lectures at a reduced fee of \$245 per weekend or 2) continue to

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pay the studio fee so you may use your host studio for completing apprenticeship hours.

During your 14-month program there will be numerous opportunities for absorbing, comprehending and putting into practice all that you have learned during the lectures. In addition, there are practice teaching clinics, practical evaluations and practice tests.

After completion of the lecture and apprenticeship portions of the program you will need to fulfill five different tests to receive your certificate of completion for the comprehensive Instructor Education course. The tests are as follows: a practical mat teaching test, a practical equipment teaching test, a practical performance embodiment test, a written anatomy test and a written theory test.

After receiving the certificate of completion you are **eligible** to sit for the Pilates Method Alliance boards to receive your national Pilates Certification.