

# the core center™ LLC Pilates Instructor Education System

## Questions and Answers about the Pilates Comprehensive Training Program

**Q: How many total hours do I need to complete my comprehensive Pilates education through the core center?**

A: You need 675 total hours, consisting of a practical apprenticeship and a lecture series.

**Q: How many hours of the apprenticeship (the practical portion) do I need to complete?**

A: 550 hours

**Q: What is the breakdown of the apprenticeship hours?**

A: 100 observation, 100 structured lessons, 100 personal workouts, 200 practice teaching and 50 miscellaneous hours.

**Q: How many hours of lecture do I need to attend?**

A: 125 hours encompassing all three phases of the lectures are required.

**Q: Can I miss some of the lectures and still get enough for program completion?**

A: Yes, throughout the course of the year, the 4 spring and 4 fall weekends and a summer intensive workshop total 144 lecture hours. You have the ability to miss some lecture hours and still have enough credit to fulfill the lecture portion of the training program. It is recommended and encouraged, however, that you attempt to be present for all the lecture hours.

**Q: What if I have an injury or a family emergency during the course of my training?**

A: You are given the ability to freeze your training program once, for a 6 month maximum, during the course of your training. After the 6 months, you may resume and continue where you left off without being required to repeat any of your previous training.

**Q: What if I can't finish all my hours in 14 months?**

A: You may continue to pay the monthly studio fee and use the studio to complete your hours as timely as possible. You may also decide to repeat one or all of the weekend lectures at a reduced cost.