

Core Pilates & Yoga Pilates Teacher Training Program

3 Methods of Training: You pick the right format for your time line and learning goals

Method 1: A la Carte

Select your educational experience taking one course at a time. It is highly recommended to begin with Mat I, which includes Foundational material that carries over into future trainings. Prior Pilates Apparatus experience recommended before registering for equipment training courses.

Individual Pricing for each Training Module

Mat I	\$595	Mat II / III	\$495
Reformer I	\$895	Reformer II	\$895
Tower/Half Trap	\$895	Pilates Chair	\$495
ARC (Spine Corrector)	\$295	Ladder Barrel	\$295
Mat Work Fusion	\$395	Barre Fitness	\$395
Foundations	\$99	Sponge Ball	\$99
Jump Board	\$99	The Fit Biz	\$99

Method 2: Comprehensive Mat Pilates Instructor Training: \$895

Includes Foundations, Pilates Mat I, II and III. Successful completion of our Pilates Mat Instructor Training is awarded after both a written and practical assessment is administered. Content includes:

- Training Manuals
- Anatomy and Movement Review
 - 40 additional Hours of Personal Practice, Teacher Practice, & Observation

Method 3: 450-Hour Comprehensive Pilates Instructor Training: \$4395

Successful completion with both a written and practical assessment. *All coursework must be completed to be eligible to take the Pilates Method Alliance (PMA) Exam.*

Content includes:

- Mat Training I, II and III
- Reformer I & II
- Tower, Chair, Ladder Barrel and Arc
- 75 Personal practice hours; 110 Teaching/Observation hours,
- Practical tests and written assessments (10 hours)

TOTAL: 450 Hours (including lectures/workshops)

Please Note:

- Payment plans can be arranged; an extra \$100 processing fee applies.
- Make-up days can also be arranged for any missed material at an additional fee of \$100/make-up day.
- Refund Policy: Refunds are given only if cancellation is received **30 days** prior to the course start date.