

Pilates Instructor Certification

According to the department of Labor, "Jobs for fitness workers are expected to increase much faster than the average for all occupations." In fact, the Occupational Outlook Handbook 2008-09 Edition notes, **"Employment of fitness workers is expected to increase 27 percent over the 2006-2016 decade, much faster than the average for all occupations."**

The economy may be failing, but the fitness industry is booming. Get started now, training to become one of the industry's most sought-after fitness professionals. Pilates Associates (PA) offers potential teachers an opportunity to participate in comprehensive training programs that cater to the schedules of working individuals. Pilates Associates offers Comprehensive Pilates Teacher Training and continuing education workshops for current teachers as well (CEC Credits: PMA, AFAA, NSCA, ACE).

Our mission is to provide prospective teachers with the skill, knowledge, and experience necessary to perform with expertise in the field of public Pilates education, as guided by the Pilates Method Alliance "Code of Ethics" and "Scope of Practice" statements. The PA method integrates modern knowledge of kinesiology and physical therapy practices with Pilates' classical repertoire. While maintaining classical exercise order, we have added optional interstitial exercises to allow for a more progressive approach to the work.

Pilates Associates coursework prepares students to confidently sit for the PMA Pilates Certification Exam. **It is a training course developed specifically for those who are serious about a career in Pilates instruction or enhancing their current healthcare or fitness practice, and want to be certified by a nationally accredited organization.** In addition to meeting all of the standard requirements of a superior Pilates training course, a focus on pedagogy, including verbal and tactile cueing, group progression, and multi-level instruction, is covered in-depth.

Instruction Includes

- Anatomy/Kinesiology & Posture Review.
- Postural and basic gait analysis.
- The names and correct execution of the exercises.
- The names of the apparatus and all of the various parts.
- The appropriate sequencing of the exercises, repetitions, and the use of resistance, spotting.
- The appropriate set-up of the apparatus for each exercise.
- Comprehensive teaching skills workshop.
- The objectives of each exercise.
- How to design a client specific program.
- How to effectively modify, break down, and/or adapt for special populations.
- Ethics
- Cueing technique

Call PILATES ASSOCIATES for details: (607) 330-0957

310 Taughannock Blvd, Ste 2B
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Comprehensive Training Options

COMPLETELY TEACHER TRAINING (CTT) - CCT is a 1 year Instructor Training program consisting of education in the Mat, Reformer, Cadillac, Chair, & Barrel Repertoires, in addition to comprehensive anatomy and post-rehabilitation. The complete training encompasses **700hrs** of combined classroom, observation, and apprenticeship activity. (Candidates may take up to an additional 6 months to complete required practical, observation and personal review hours.)

200 Classroom hours (does not include homework and case studies)

- Anatomy & Biomechanics
- Repertoire
- Special Populations & Contraindications
- Post-rehab Considerations
- Teaching Skills & Client Interaction

100 Documented Observation hours

- 50 hrs - private training
- 50 hrs - group training

100 Documented Assistant Apprentice hours

- 50 hrs - supervised private/duet instruction
- 25 hrs - supervised mat class instruction
- 25 hrs - supervised reformer class instruction

100 Documented Supervised Apprentice hours

- 50 hrs - supervised private/duet instruction
- 25 hrs - supervised mat class instruction
- 25 hrs - supervised reformer class instruction

150 Documented Solo Teaching hours 100 hrs - supervised private/duet instruction

- 25 hrs - supervised mat class instruction
- 25 hrs - supervised reformer class instruction

50 Documented Personal Review hours

- Repertoire practice

Course Fee: \$5599 – SAVE \$1400+ (\$7000+ for courses and manuals when completed via the modular track)

The CTT Program may be financed over the course of an 18 month term, with a \$1550 down payment and monthly payments of only \$225. The course fee covers all materials, instructors and assessment exams in addition to workshop auditing privileges, unlimited class participation, and studio use for personal review at the discretion of the host studio. Registrants also receive a 2 year membership with the Pilates Method Alliance and are eligible for the reduced private training rate of \$50 for the duration of their training (up to 6 months after completion of coursework). Pilates Associates will also cover PMA exam fees for CTT students (up to \$150, 1x only). Registration for the comprehensive program requires a 50% upfront deposit, with the balance due before the first day of instruction.

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MODULAR TEACHER TRAINING (IMT) - The IMT road to comprehensive certification is a **500-575hr program**. It is designed specifically for healthcare professionals and Personal Trainers certified with an accredited organization, or certified fitness instructors with a minimum of 1 year teaching experience. Coursework is consistent with CCT, yet fewer hours required for Practical Experience, Personal Review, and Observation are based upon the assumption that students are already experienced educators. A 50% deposit is required in order to reserve a spot in any training module, with the balance due before the first day of class.

Required Coursework – 225 hrs Total (does not include homework and case studies)

- 10hrs **ABP** = **\$299** Anatomy, Biomechanics, Posture Assessment (pre-requisite for all modules)
 - 25hrs **PRE** = **\$650** Pre-training (25 hrs private & group instruction OR equivalent experience)
 - 36hrs **MAT** = **\$999** Mat Repertoire Levels 1-3
 - 18hrs **BAR** = **\$539** Ladder Barrel, Arc Barrel, Spine Corrector Levels 1-3
 - 60hrs **REF** = **\$1699** Reformer Repertoire Levels 1-3
 - 24hrs **CHR** = **\$729** Wunda Chair Repertoire Levels 1-3
 - 34hrs **CAD** = **\$959** Cadillac Repertoire Levels 1-3
 - 18hrs **SPC** = **\$599** Special Populations & Contraindications
- 225 HRS = \$6473 TOTAL**

Required Observation, Practical, Personal Review – 350 hrs Total

In addition to workshop hours noted above, candidates for PA Certification Assessment must complete the following experiential work:

- 30hrs **Practical Experience** for each apparatus module (or **150hrs** total)
 - 10hrs **Personal Review** for each apparatus module (or **50hrs** total)
 - 30hrs **Observation** for each apparatus module (or **150hrs** total)
- With prior consent, candidates may observe classes and/or private sessions at the training center.
 - Limited opportunities for unpaid apprenticeship may be available at the training center.
 - Studio space **may** be available at the training center for personal review with advance reservation at no additional charge. (subject to individual training center policy)

Candidates who wish to sit for the PMA Pilates Certification Exam must complete coursework for all modules AND all required practical, observation and personal review hours.

Registration for any modular course requires a 50% upfront deposit, with the balance due before the first day of instruction. Monthly payment plans may be arranged for an additional 5% financing fee. Please email certs@pilatesassociates.com for dates and more information.

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INTENSIVE BRIDGE PROGRAM (IBP) – Our **395hr Bridge Program** is available to any individual who has begun instruction with another organization and wishes to complete their training with Pilates Associates. A Bridge is also available for individuals with comprehensive training elsewhere, who wish to enhance their practice by learning a more contemporary, scientifically-based method. In either of these cases, Pilates Associates provides training that ultimately results in competency of the entire PA method. Upon completion of the PA Bridge Program, certification candidates can be confident they have been well-prepared to sit for the PMA certification exam.

An entrance assessment is required for all Bridge participants. Results of this assessment will be used to tailor a program to your specific needs. All bridge work is done 1-on-1 with an individual master trainer, but IMT modules may be audited for ½ price (in addition to any modular bridge fees).

Required Coursework – 145 hrs Total (does not include homework and case studies)

- 10hrs **ABP** = **\$299** Anatomy, Biomechanics, Posture Assessment (pre-requisite for all modules)
- 24hrs **MAT** = **\$720** Mat Repertoire Levels 1-3
- 12hrs **BAR** = **\$360** Ladder Barrel, Arc Barrel, Spine Corrector Levels 1-3
- 40hrs **REF** = **\$1200** Reformer Repertoire Levels 1-3
- 18hrs **CHR** = **\$480** Wunda Chair Repertoire Levels 1-3
- 23hrs **CAD** = **\$690** Cadillac Repertoire Levels 1-3
- 18hrs **SPC** = **\$599** Special Populations & Contraindications
- 145 HRS = \$4349 TOTAL**

Required Observation, Practical, Personal Review – 250 hrs Total

In addition to workshop hours noted above, candidates for PA Certification Assessment must complete the following experiential work:

- 20hrs **Practical Experience** for each apparatus module (or **100hrs** total)
 - 10hrs **Personal Review** for each apparatus module (or **50hrs** total)
 - 20hrs **Observation** for each apparatus module (or **100hrs** total)
- With prior consent, candidates may observe classes and/or private sessions at the training center for no additional fee.
 - Limited opportunities for unpaid apprenticeship may be available at the training center.
 - Studio space **may** be available at the training center for personal review with advance reservation at no additional charge. (subject to individual training center policy)

Candidates who wish to sit for the PMA Pilates Certification Exam must complete coursework for all modules AND all required practical, observation and personal review hours.

Registration for any modular course requires a 50% upfront deposit, with the balance due before the first day of instruction. Monthly payment plans may be arranged for an additional 5% financing fee. Please email certs@pilatesassociates.com for dates and more information.

Mat/Mat & Reformer Certificate of Assessment Option

MAT (MAA)/Mat & Reformer (MRA) – For individuals only interested in Mat or Mat & Reformer Certification, we offer modular training and Completion Diplomas. Pilates Associates will administer exams and award passing scores with an Assessment Based Certificate, or Diploma; however it is important to note, there is not currently a professional certifying body for Modular Pilates Instructors. Though a Pilates Associates Diploma stands firmly in the industry as thorough training in the field, the PMA does not currently recognize partial training when considering candidates for its national certification exam.

Required Coursework for Mat Only – 46 hrs Total (71hrs w/ Pre-training)

(does not include homework and case studies)

- 25hrs **PRE** = **\$650** Pre-training (25 hrs private & group instruction OR equivalent experience)
- 10hrs **ABP** = **\$299** Anatomy, Biomechanichs, Posture Assesment (pre-requisite for all modules)
- 36hrs **MAT** = **\$999** Mat Repertoire Levels 1-3

46 HRS = \$1298 TOTAL (does not include pre-training)

71 HRS = \$1948 TOTAL (includes pre-training)

Required Coursework for Mat & Reformer Only – 106 hrs Total (131 hrs w/ pre-training)

(does not include homework and case studies)

- 25hrs **PRE** = **\$650** Pre-training (25 hrs private & group instruction OR equivalent experience)
- 10hrs **ABP** = **\$299** Anatomy, Biomechanichs, Posture Assesment (pre-requisite for all modules)
- 36hrs **MAT** = **\$999** Mat Repertoire Levels 1-3
- 60hrs **REF** = **\$1699** Reformer Repertoire Levels 1-3
-

106 HRS = \$2997 TOTAL (does not include pre-training)

131 HRS = \$3647 TOTAL (includes pre-training)

Required Observation, Practical, Personal Review (70hrs Mat to 140 Mat/Reformer)

In addition to workshop hours noted above, candidates for PA Certification Asessment must complete the following experiential work:

- 30hrs Practical Experience for each apparatus module (30hrs Mat or 60hrs Mat/Reformer)
- 10hrs Personal Review for each apparatus module (10hrs Mat or 20hrs Mat/Reformer)
- 30hrs Observation for each apparatus module (30hrs Mat or 60hrs Mat/Reformer)

- With prior consent, candidates may observe classes and/or private sessions at the training center for no additional fee.
- Limited oppourtunities for unpaid apprenticeship may be available at the training center.
- Studio space **may** be available at the training center for personal review with advance reservation at no additional charge. (subject to individual training center policy)

Candidates who wish to sit for the PMA Pilates Certification Exam must complete coursework for ALL modules AND all required practical, observation and personal review hours. The PMA does not currently offer credentialed exams for partial training; however a PA Certificate of Assessment (Diploma) represents sufficient training to prospective employers seeking instructors with *Mat* or *Mat & Refomer* proficiency.

Registration for any modular course requires a 50% upfront deposit in addition to 100% materials fee (manuals), with the balance due before the first day of instruction. Monthly payment plans may be arranged for an additional 5% financing fee. Please email certs@pilatesassociates.com for dates and more information.

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Comprehensive Course Selection & Order Form

Certification Prep Courses	Qty.	Total
<input type="checkbox"/> Comprehensive Pilates Certification Start Date _____	_____ x \$5599 =	_____ (Reg \$7000)
<input type="checkbox"/> ABP – Anatomy Biomechanics, & Posture Start Date _____	_____ x \$ 299 =	_____
<input type="checkbox"/> MAT - Mat (All Levels) Start Date _____	_____ x \$ 999 =	_____
<input type="checkbox"/> REF - Reformer (All Levels) Start Date _____	_____ x \$1699 =	_____
<input type="checkbox"/> CAD - Cadillac (All Levels) Start Date _____	_____ x \$ 959 =	_____
<input type="checkbox"/> CHR - Wunda Chair (All Levels) Start Date _____	_____ x \$ 729 =	_____
<input type="checkbox"/> BAR - Barrels (All Levels) Start Date _____	_____ x \$ 539 =	_____
<input type="checkbox"/> SPC - Special Populations & Contraindications Start Date _____	_____ x \$ 599 =	_____
<input type="checkbox"/> Pre-training Start Date _____	_____ x \$ 650 =	_____

Training Total 1a. _____

Workshops

<input type="checkbox"/> Anatomy, Biomechanics, & Posture REVIEW Start Date _____	_____ x \$ 299 =	_____
<input type="checkbox"/> Tailor Made Start Date _____	_____ x \$ 185 =	_____
<input type="checkbox"/> My-O-Fascial Release Start Date _____	_____ x \$ 169 =	_____
<input type="checkbox"/> Pilates Cueing for Success Start Date _____	_____ x \$ 125 =	_____
<input type="checkbox"/> Start Date _____	_____ x \$ =	_____

Workshops Total 2a. _____

Instructor Manuals & Guides

<input type="checkbox"/> Fundamental Skills Guide _____	_____ x \$ 49 =	_____
<input type="checkbox"/> Pilates Mat Repertoire _____	_____ x \$ 59 =	_____
<input type="checkbox"/> Pilates Reformer Repertoire _____	_____ x \$ 69 =	_____
<input type="checkbox"/> Pilates Chair Repertoire _____	_____ x \$ 59 =	_____
<input type="checkbox"/> Pilates Barrels Repertoire _____	_____ x \$ 49 =	_____
<input type="checkbox"/> Pilates Cadillac Repertoire _____	_____ x \$ 59 =	_____
<input type="checkbox"/> All Pilates Manuals _____	_____ x \$ 310 =	_____ (Reg \$344)
<input type="checkbox"/> Comprehensive Registrants Only - All Pilates Manuals _____	_____ x \$ 0 =	\$0

Replacement Guides
(Add \$10ea./guide) _____ x \$ 10 = _____

Sales Tax (NY Residents
Add 8%) _____ x .08 = _____

Manuals/Guides Total 3a. _____

TOTALS 1a + 2a + 3a _____

Grand Total \$ _____

Participation in ALL classroom instruction is required. Any missed hours of instruction may be made up, for an additional fee, at a ratio of 1hour of private instruction for each two hours of missed classroom participation. Prior instructor consent is required

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Bridge Course Selection & Order Form

Certification Prep Courses	Qty.	Total
<input type="checkbox"/> Comprehensive Bridge Start Date _____	_____ x \$4349 =	_____
<input type="checkbox"/> ABP – Anatomy Biomechanics, & Posture Start Date _____	_____ x \$ 299 =	_____
<input type="checkbox"/> MAT - Mat Bridge Start Date _____	_____ x \$ 720 =	_____
<input type="checkbox"/> REF - Reformer Bridge Start Date _____	_____ x \$1200 =	_____
<input type="checkbox"/> CAD - Cadillac Bridge Start Date _____	_____ x \$ 690 =	_____
<input type="checkbox"/> CHR - Wunda Chair Bridge Start Date _____	_____ x \$ 480 =	_____
<input type="checkbox"/> BAR - Barrels Bridge Start Date _____	_____ x \$ 360 =	_____
<input type="checkbox"/> SPC - Special Populations & Contraindications Start Date _____	_____ x \$ 599 =	_____

Training Total 1a. _____

Workshops	Qty.	Total
<input type="checkbox"/> Anatomy, Biomechanics, & Posture REVIEW Start Date _____	_____ x \$ 195 =	_____
<input type="checkbox"/> Basic Posture Assessment Start Date _____	_____ x \$ 150 =	_____
<input type="checkbox"/> AQUALATES® Pool-to-Studio Translation Start Date _____	_____ x \$ 175 =	_____
<input type="checkbox"/> Pilates Cueing for Success Start Date _____	_____ x \$ 125 =	_____
<input type="checkbox"/> Start Date _____	_____ x \$ =	_____

Workshops Total 2a. _____

INSTRUCTOR MANUALS & GUIDES

<input type="checkbox"/> Fundamental Skills Guide _____	_____ x \$ 49 =	_____
<input type="checkbox"/> Pilates Mat Repertoire _____	_____ x \$ 59 =	_____
<input type="checkbox"/> Pilates Reformer Repertoire _____	_____ x \$ 69 =	_____
<input type="checkbox"/> Pilates Chair Repertoire _____	_____ x \$ 59 =	_____
<input type="checkbox"/> Pilates Barrels Repertoire _____	_____ x \$ 49 =	_____
<input type="checkbox"/> Pilates Cadillac Repertoire _____	_____ x \$ 59 =	_____
<input type="checkbox"/> All Pilates Manuals _____	_____ x \$ 310 =	_____ (Reg \$344)
<input type="checkbox"/> Comprehensive Registrants Only - All Pilates Manuals _____	_____ x \$ 0 =	\$0

Replacement Guides (Add \$10ea./guide)	_____ x \$ 10 =	_____
Sales Tax (NY Residents Add 8%)	_____ x .08 =	_____
Manuals/Guides Total 3a.	_____	_____

TOTALS 1a + 2a + 3a _____

Grand Total \$ _____

Participation in ALL classroom instruction is required. Any missed hours of instruction may be made up, for an additional fee, at a ratio of 1hour of private instruction for each two hours of missed classroom participation. Prior instructor consent is required

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SUGGESTED PREREQUISITS:

PACNY upholds high standards for all of its certified instructors. Though the following prerequisites are not required, they are highly recommended. If you do not meet these suggested prerequisites, plan extra time to study anatomy and additional hours of practical teaching before taking the written and practical exams.

- College level anatomy
- Personal Training/Group Fitness certification **or** 2 years of fitness instruction experience **or** healthcare degree/certification
- Pilates experience

PRE-TRAINING (PRE)

There is much to learn and perfect in the realm of Pilates. To start an intensive teacher training course with no background is not advisable. We want you to be successful, and for this reason a minimum prerequisite of personal experience with the work is required. In order to serve those who have developed an immediate passion for the work, we have developed a pre-training series. The series consists of 10 private training session, 8 group mat classes and 7 group reformer classes for only \$650 (\$26/session). The series is available only one time and only to individuals registered in one of our teacher training programs.

PILATES CERTIFICATION REQUIREMENTS:

Upon successful completion of coursework, participants have 6 months to log additional practical experience, observation and personal review as previously noted. Once these requisits have been met, written and practical Certification Assessment Exams may be scheduled directly with PA staff on an individual basis. A passing score of 80% or higher is necessary for issuance of a Pilates Associates Certificate of Assessment. The PMA requires this compulsory documentation as proof of education before sitting for the National Pilates Certification Exam.

CECs:

Pilates Associates requires Continuing Education Credits (CECs) in accordance with PMA guidelines: "The Pilates Method Alliance requires all PMA Certified Pilates teachers to maintain 16 hours of PMA approved CEC's every two years." Pilates Associates offers approved CEC courses however a complete list of providers can be found on the PMA website: www.pilatesmethoalliance.org

EXAMS:

Testing consists of a written exam and practical presentation. Two hours are allowed for completion of the 100-question written exam and 1hr for the practical portion. A combined score of 80% is required for certification. In the event a passing score is not achieved, a re-test may be scheduled as soon as 4 weeks, but not more than 4 months, after the initial exam.

EXAM FEES

\$125 – Single Module (i.e. Reformer written and practical)

\$250 – Two or More Module (i.e. Mat, Chair & Adv. Reformer written & practical)

\$ 75 – Re-test fee

REQUIRED MATERIALS:

Manuals may be purchased in advance for delivery on the first day of class. Prices for non-registered individuals and replacement manuals and guides are as follows:

INSTRUCTOR MANUALS & GUIDES

\$59 - Pilates Mat Repertoire

\$69 - Reformer Repertoire

\$59 - Chair Repertoire

\$49 - Barrels Repertoire

\$59 - Cadillac Repertoire

\$49 - Fundamental Skills Guide

CONSUMER PURCHASE/REPLACEMENT GUIDES

\$69 - Pilates Mat Repertoire

\$79 - Reformer Repertoire

\$69 - Chair Repertoire

\$59 - Barrels Repertoire

\$69 - Cadillac Repertoire

\$59 - Fundamental Skills Guide (registered participants only)



PAYMENT/REFUND POLICY:

1. An initial payment equal to 50% of the total course fee, in addition 100% of the non-refundable manuals & materials fee will be debited from your credit card to reserve your space in the course.
2. Cancellations with more than 30 days notice are refunded in full, minus a \$225 processing fee.
3. No refunds are available for cancellation with 30 days notice or less. However, tuition may be credited towards another course within 12 months.
4. Registration with less than 30 days before start date of the first course requires a non-refundable payment of 50%. In the event of cancellation, the 30-day policy applies.
5. Tuition balance is due on or before the first day of class unless a payment plan has been arranged.

PAYMENT PLAN OPTION

1. 5% will be added to the total cost of courses, manuals, & materials.
2. 50% of the total is due upon registration.
3. The remaining tuition balance will be broken into 12 monthly payments.
4. Payments will be automatically debited from your credit card on the 15th of every month.
5. Payments begin one month following the course start date.
6. The monthly payment amount is calculated based on the courses purchased.
7. If the payment date falls on a weekend or holiday, debits will be processed the following business day.

Example for Comprehensive Training: Normal Package Price is \$5,599.

Total Course Fee	\$5,599.00
Manuals & Materials	+ \$ <u>0.00</u> (included in comprehensive training fee)
TOTAL COURSE	\$5,599.00

Total Financed Purchase	\$5,599.00
Financing Fee (5%)	+ \$ <u>279.95</u>
TOTAL FINANCED	\$5,878.95

Grand Total Purchase	\$5,878.95
Initial 50% payment	- \$ <u>2,939.48</u>
BALANCE DUE	\$2,939.47

Monthly Payments	\$244.96
(\$2,939.47/12)	

