

Pilates Teacher Training Outline

Five 10-Hour Weekend Lectures

- Review of exercises in each of the 5 levels of Pilates
- Teaching methodology
- Developing an intuitive eye
- Developing a confident voice
- Dealing with injuries and special conditions
- Equipment maintenance and safety

Six 2-hour lectures – Anatomy, Special Considerations, Pre/Post Natal

Three 2-hour labs per level – Instruction and review of weekend materials and skills

One Practical & Written Exam per level

One Final Written Exam

Breakdown of hours:

- 20 workouts per level – 100 hours
- 30 hours of self study/observation per level – 150 hours
- 20 hours practice teaching per level – 100 hours
- Six 10 hour lectures – 60 hours
- Lectures (anatomy, special considerations, etc) – Six 2-hour lectures (12 hours)
- Three 2-hour labs per level – 30 hours
- 5 single level tests (written and practical) ~ 10 hours
- 1 final exam (written) ~ 3 hours
- Total hours -- 465 hours

Apprenticeship Hours

You must complete a minimum of 60 personal hours per level and pass the exam before moving on to the next level. Each level is 6 weeks in length. This comes out to about 10 hours per week. To help you visualize what this may be like for someone who works 9 to 5:

Monday: 6pm – 8pm, one hour practice teaching, one hour self workout

Tuesday: 6pm – 8pm, two hours observation

Wednesday: day off (usually there is a lecture on Wednesdays anyway)

Thursday: 6pm – 9pm 2 hours observation, 1 hour practice teaching

Friday: 6pm – 8pm, 1 hour practice teaching, 1 hour self workout

Saturday: 1 hour observation

You are encouraged to do more practice teaching hours per level if possible, however the practice teaching hours work out to about three times a week with your model*. You are

not required to work with just one model, but you must have at least one person to work with and use during the practical portion of your exams. If you do not have a model, you may use a fellow teacher training student as your model or to study with.

After passing the Level 3 test, qualified teacher trainees may be able to teach at Kendra Jordan Pilates at a reduced rate of \$15.00 per private session, and \$20.00 per duet session. This is not required, but it is encouraged. This will be a very valuable opportunity for you to continue earning your apprenticeship hours while broadening your ability to work with different bodies AND get paid for it!

Completion of Teacher Training Program:

Upon completing your teacher training program and passing your final examination, you will receive:

- Certificate signifying full certification
- Eligibility and recommendation to sit for the Pilates Method Alliance Pilates Instructor Certification Examination

Should you choose to continue with Kendra Jordan as an employee:

- Your employee wage will increase after final exam passing
- Increases in pay upon achieving certain milestones (ie: passing PMA exam, favorable reviews, good class numbers, etc).
- Clients will be fed to you through the studio rather than you having to find them yourself!