

ENROLLMENT | REQUIREMENTS | SYLLABUS | MODULES | APPRENTICESHIP



# *Club Pilates Teacher Training*

## PROGRAM CATALOG



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# Overview

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- Lectures, Online Study, Assignments, & Quizzes
- In-Studio Days
- Observation
- Self-Practice
- Practice Teaching
- Assistant Teaching
- Specialties in TRX, Functional Standing Movement (Barre), & TriggerPoint
- Canvas Online Learning Platform
- Master Trainer Mentorship
- Apprenticeship Program

## Objectives

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The Club Pilates Teacher Training Program is the only 500-hour Comprehensive Pilates education program that allows for flexible pacing with a blended education format. The blended format includes in-person (practical), independent, and online learning. Graduates will receive a Comprehensive Pilates education in all apparatus: Mat, Reformer, Jumpboard, Springboard, Cadillac, Chair, Ladder Barrel, Spine Corrector, and Magic Circle. In addition, our program includes training in TRX, Functional Standing Movement (Barre), and TriggerPoint. Participants will have access to our proprietary educational materials and the host studio facility for one year from the date of their first in-studio day.

This program will prepare graduates with the skills needed to become a successful instructor in the Pilates industry. Upon completion, participants will be able to successfully sit for the National Pilates Certification Program (NPCP) exam and teach in settings such as group fitness, one-on-one, big gyms, small boutiques studios around the world, and our growing family of Club Pilates studios! Club Pilates Teacher Training fulfills global industry standards of Pilates instructor education.

## Host Studio

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The host studio is the location where participants attend their **in-studio days**. During these practical learning sessions, participants should come prepared to move for many hours each day by wearing appropriate athletic wear. Bringing snacks and a water bottle for short breaks is recommended. The host studio will be the participant's home during this time and will be there to support throughout the program.



## PROGRAM HOURS

### 150 HOURS

#### ONLINE LEARNING

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These hours are comprised of lectures, online assignments, reading, videos, and quizzes. All online hours can be completed anytime, anywhere, which allows participants to complete their hours at their own pace and schedule.

### 66 HOURS

#### IN-STUDIO DAYS

\*BROKEN DOWN BY MODULES (PAGE 5)

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In-studio hours are completed in person at the host studio over 12 days. Each day will be 6 hours long with a 30-minute break. The Master Trainer will review materials from the online portal, providing deeper discussions regarding exercise application. Participants are required to attend all 12 in-studio days to complete the program. If a day must be missed, it can be made up at a later time either when the program returns to the host studio or by visiting a neighboring Club Pilates. When making up a day at a different studio than the host studio, the participant will be charged \$100 per day to audit.





## 80 HOURS

### OBSERVATION

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Participants may begin logging observation hours the same day as enrollment. These hours can be completed by watching classes inside the studio or by watching Pilates classes online. An **Observation Form** will be completed for each hour of observation. Approved online sites for satisfying observation requirements are [xponential.plus](https://xponential.plus) or [www.pilatesanytime.com](https://www.pilatesanytime.com).

*\*Please note that additional subscription charges to these services may apply.*

## 100 HOURS

### SELF-PRACTICE

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Participants may begin logging self-practice hours the same day as enrollment. These hours consist of time spent physically practicing the Pilates Method. These hours can be completed at home, in studio classes, private training sessions, or another environment that is conducive to self-practice. Class and private training session fees for these services will apply and are not included in the tuition for the Teacher Training program.

## 70 HOURS

### PRACTICE TEACHING

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Participants are encouraged to start logging practice teaching hours prior to the 7th in-studio day. This gives the student the ability to ask questions in person during days 8-12. These hours require participants to bring their own “client” to the studio and practice teaching the Pilates Method to them. Student liability insurance is required at this point in the program to protect the participant and the studio. Insurance should be no more than \$100/year. Both the host studio and Club Pilates Franchise LLC need to be listed as additional insured on the policy.

## 34 HOURS

### ASSISTANT TEACHING

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Assistant teaching hours are logged when the participant assists an approved Club Pilates instructor during a live class. During this time, a 3-5-minute increment of class is taught by the participant. During the remaining parts of the class the participant will help adjust equipment, demonstrate proper form, and much more! This is a great time to pick up new teaching techniques, learn new cues, and shadow an experienced instructor.



## IN-STUDIO DAYS

### *MAT MODULE* DAY 1 - DAY 2

- General Pilates and Instruction Overview
- Introduction to Anatomy (Online/Canvas)
- Anatomy for Pilates
- Class Programming - The “why” behind exercises and choreography
- Classical Pilates Repertoire Assignment
- Mat Warm-up and Repertoire

### *REFORMER MODULE* DAY 3 - DAY 6

- Creating classes with great “flow”
- Bridging on the Reformer
- Posterior Chain in Pilates Practice
- Reformer: Front
- Reformer: Upper Body
- Reformer: Prone
- Reformer: Full
- Reformer: Lower
- Reformer: Side Body

### *SPRINGBOARD MODULE* DAY 7

- Springboard with Push-Through Bar

### *CADILLAC MODULE* DAY 8

- Reformer Trapeze Combination/Cadillac

### *CHAIR MODULE* DAY 9

- Chair

### *BARRELS / CIRCLE MODULE* DAY 10

- Spine Corrector
- Ladder Barrel
- Magic Circle

### *SPECIAL POPULATIONS MODULE* DAY 11

- Special Populations

### *SPECIALIZATIONS MODULE* DAY 12

- TRX
- TriggerPoint
- Functional Standing Movement/Barre



## *Enrollment*

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Participants can sign up online by visiting [www.clubpilates.com/teacher-training/](http://www.clubpilates.com/teacher-training/) or by contacting their host studio. Once enrolled, participants will gain access to Canvas, our online education platform, within 2 business days. Participants can get started on self-practice, observation, and online hours as soon as enrollment is complete — even before the in-studio days begin. Participants will have access to Canvas for one year from the start of their first in-studio day. If additional time is needed, all participants are eligible for a one-time three month complimentary extension. Additional time may be requested for a \$75/month extension fee.

## *Tuition Options*

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1. Club Pilates Full Tuition Price: \$4,750
2. Payment Plan Option: \$2,000 non-refundable deposit and 5 monthly payments of \$599 per month
3. Enroll Now: only \$2,000 as a deposit to get started, defer additional payments until in-studio days begin

## *Modular Courses*

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If a practitioner already has partial Pilates education, enrolling in individual course modules is available to complete Comprehensive education.

Modules prices are:

- Mat, Foundation, and Anatomy Module: \$800
- Reformer, Anatomy, and Special Populations Module: \$2,000
- Springboard and Cadillac Module: \$800
- Chair Module: \$550
- Ladder Barrel, Spine Corrector, and Magic Circle Module: \$550
- TRX, TriggerPoint, and Barre Module: \$550

## *Mat Foundations and Anatomy*

TOTAL HOURS: **89**

In this course, participants will receive two days of in-person lecture with a Master Trainer, learning a comprehensive Mat education from beginning to advanced levels, along with history and foundational elements. Participants will also be taking an anatomy course online to support the Mat education learned to prepare the participant to teach Mat classes.

ONLINE HOURS: **25**

IN-STUDIO HOURS: **11**

OBSERVATION HOURS: **15**

SELF-PRACTICE HOURS: **20**

PRACTICE TEACHING HOURS: **12**

ASSISTANT TEACHING HOURS: **6**

## *Reformer, Anatomy, and Special Populations*

TOTAL HOURS: **190.5**

In this course, participants will learn the Reformer from beginning to advanced levels. Participants will also learn about anatomy and how to teach Pilates to special populations who may have different abilities, pathologies, or medical conditions. Participants will receive access to our online learning portal and a PDF copy of the Reformer manual. Participants will walk away having the education necessary to teach Reformer classes.

**\*NOTE: "SPECIAL POPULATIONS" IS INCLUDED IN THE CORE COURSE AND CANNOT BE BROKEN APART INTO AN INDIVIDUAL TRAINING.**

ONLINE HOURS: **45**

IN-STUDIO HOURS: **27.5**

OBSERVATION HOURS: **30**

SELF-PRACTICE HOURS: **40**

PRACTICE TEACHING HOURS: **32**

ASSISTANT TEACHING HOURS: **16**

## *Anatomy Course*

Included in the Mat and Reformer modules, this course can be purchased in addition to the courses below to help students gain a better understanding of anatomy if needed.

## *Springboard and Cadillac*

TOTAL HOURS: **89**

In this course, participants will attend a one-day in-person training with a Master Trainer to learn how the Reformer can transform into a Trapeze Table introducing an additional repertoire. Participants will also learn education on the Springboard, which mirrors one side of the Cadillac/RTC, giving a complete education on both pieces of apparatus ranging from beginner to advanced movements. Participants will learn the history, fundamental elements, exercises with form and alignment, as well as cueing for safety practices on the Cadillac/RTC and the Springboard. Participants will also have access to our online learning portal and will receive a PDF copy of the manual.

ONLINE HOURS: **25**

IN-STUDIO HOURS: **11**

OBSERVATION HOURS: **15**

SELF-PRACTICE HOURS: **20**

PRACTICE TEACHING HOURS: **12**

ASSISTANT TEACHING HOURS: **6**



## Chair

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TOTAL HOURS: **50.5**

In this course, participants will attend a one-day in-person training course. This day will consist of lecture from a Master Trainer, programming, history, and fundamental elements of the Chair, and proper cueing and form for all exercises — beginning to advanced. Participants will receive access to our online learning portal and will receive a PDF copy of the manual.

ONLINE HOURS: **15**

IN-STUDIO HOURS: **5.5**

OBSERVATION HOURS: **10**

SELF-PRACTICE HOURS: **10**

PRACTICE TEACHING HOURS: **7**

ASSISTANT TEACHING HOURS: **3**

## Ladder Barrel, Spine Corrector and Magic Circle

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TOTAL HOURS: **60.5**

In this course, participants will attend a one-day in-person lecture with a Master Trainer. They will receive education on all three of these apparatus from beginning to advanced levels. The Ladder Barrel combines ladder rungs with a barrel surface for stretching, core strengthening, balance challenges, and flexibility exercises. The Spine Corrector is a smaller arc and platform that offers movements that are great to use in both a private training and group environment. The Magic Circle education is provided to assist and challenge students of all levels. Participants will also have access to the online learning portal, will receive a PDF manual, and will have access to interactive videos to continue their learning and education.

ONLINE HOURS: **25**

IN-STUDIO HOURS: **5.5**

OBSERVATION HOURS: **10**

SELF-PRACTICE HOURS: **10**

PRACTICE TEACHING HOURS: **7**

ASSISTANT TEACHING HOURS: **3**

## TRX, FSM (Barre), and TriggerPoint

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TOTAL HOURS: **20.5**

Participants will attend two days of in-person lecture with a Master Trainer. On day one, participants will learn suspension training exercises with TRX. They will learn how to correctly set up the TRX Suspension Trainer to be able to deliver workouts that are adaptable to all fitness levels. On day two, participants will receive education in Functional Standing Movement (FSM/Barre) and TriggerPoint therapy. Our FSM course, created with Barre Above, offers education and choreography designed for students of all abilities and movement ranges. This workshop uses tools like the Bender Ball, Glyders, the Springboard, and the Ballet Barre. These tools will keep the body moving safely, loading and unloading the body properly in all planes of motion. TriggerPoint therapy will give basic knowledge of self-myofascial release using the GRID foam roller and the TriggerPoint Massage Ball targeting relief for the body and fascia. Participants will learn the correct programming, flow, and proper way to release the body both pre and post-workout.

ONLINE HOURS: **15**

IN-STUDIO HOURS: **5.5**



## *Transfer Credits*

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To gain credit hours for Pilates courses already completed, please submit a request to [teachertraining@clubpilates.com](mailto:teachertraining@clubpilates.com) and to your Master Trainer after enrollment is complete. In this request, be sure to include the number of hours completed, coursework completed, and any diplomas or certificates earned.

## *Refunds & Terminations*

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All payments are non-refundable. With notification, installation payments can be paused based on urgent medical needs for up to 90 days. Participants who violate safety, etiquette, or behavioral expectations are subject to immediate termination without refund.

## *Insurance*

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In addition to tuition, participants must purchase student liability insurance prior to using the host studio for practice teaching hours. Insurance must name the host studio and Club Pilates Franchise LLC as additional insured. Insurance can be purchased through [IDEA](#) or [PMA](#).

## *Manuals*

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Participants are given access to all manuals in digital PDF format in Canvas. Professionally printed manuals are available for purchase at the following prices:

- Mat - \$65
- Reformer - \$140
- RTC - \$65
- Chair - \$65
- Special Populations - \$65
- Ladder Barrel - \$65
- All 6 Manuals - \$425 (\$40 discount)

Manuals can be purchased at: <https://club-pilates-teacher-training.myshopify.com/>

## *Etiquette*

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It is important that all participants maintain a positive and professional demeanor when in the studio. Respecting the studio, staff, and fellow participants is key to a successful in-studio training experience. All participants will be asked to sign an **Etiquette Agreement** that will clarify use of studio and expectations on how to accomplish all categories of hours. We encourage participants to work together on practice teaching hours as they can learn from one another. The Master Trainer is there to support and guide all participants through the process.

## *Graduate Requirements*

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All hours and assignments indicated in the online learning portal, quizzes, final written exam, and final practical test out are required to complete the program. The last step of the participant's program is to pass the practical test-out.

Your final grade will be based upon the following:

- 50%** Final Practical Test-Out
- 25%** Completed assignments, class participation, and attendance
- 10%** Final Online Exam
- 10%** Anatomy Course
- 5%** Final Written Assignment

\*Failure to pass the final exams may result in additional fees to retest. Only one test out is included in the price of tuition.

## *Diploma*

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Participants will receive a diploma proving their total accomplishments and readiness to teach upon completion of all requirements and fees paid.

## *Mentorship*

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Utilizing a Master Trainer is a huge part of the program and one that sets the Club Pilates Teacher Training program apart from others. Your Master Trainer will be there every step of the way and will also support participants during preparation for the final exam and final practical test out.

## *Apprenticeship Program*

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A participant enrolled in the Club Pilates Comprehensive Teacher Training program may be eligible for the Club Pilates Apprenticeship Program once 250 hours out of 500 are complete, including all in-studio days.

An evaluation process by the Master Trainer is completed to determine eligibility for the program. Once approved, the participant will be permitted to teach in a restricted fashion at a Club Pilates studio. Apprentice instructors are employees of the studio, which means apprenticeship is not guaranteed as part of the program.

Each class taught as an apprentice counts as one of the required training hours toward the 500. Once the participant has completed all requirements of the Teacher Training program, they can test out to complete the program and re-interview with the studio owner for a Club Pilates instructor position. The position of apprentice instructor does not guarantee employment with Club Pilates. Keep in mind that not all teachers in training will be ready for the challenge of teaching so soon. Some participants may be more comfortable completing all 500 hours as regularly scheduled.

## *Get Started!*

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Visit our website to see upcoming Teacher Training sessions near you or enroll online:

[www.clubpilates.com/teacher-training](http://www.clubpilates.com/teacher-training)