

ENROLLMENT | REQUIREMENTS | SYLLABUS



# *Club Pilates Teacher Training*

## CORE 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
- Canvas Online Learning Platform
- Master Trainer Mentorship

## Objectives

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The Club Pilates Core Teacher Training Program is a 280-hour Mat and Reformer 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 Pilates education in Mat, Reformer, Jumpboard, anatomy, and special populations. 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, graduates are eligible to complete their education in Chair, Springboard, Cadillac (RTC), Ladder Barrel, Spine Corrector, and Magic Circle to become Comprehensively certified in the Pilates method. The Club Pilates Core Teacher Training fulfills global industry standards of all-levels Mat and Reformer Pilates instructor education and, while not guaranteed, provides a pathway to be hired as a Junior Instructor at a Club Pilates location or elsewhere.

## 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

### 70 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.

### 38.5 HOURS

#### IN-STUDIO DAYS

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In-studio hours are completed in person at the host studio over 7 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 7 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 a minimum \$100 per day to audit.



 PROGRAM HOURS

## 45 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 [www.xponential.plus](http://www.xponential.plus) or [www.pilatesanytime.com](http://www.pilatesanytime.com).

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

## 60 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.

## 44 HOURS

### PRACTICE TEACHING

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Participants are encouraged to start logging practice teaching hours prior to the 3rd in-studio day. This gives the student the ability to ask questions in person during days 4-7. 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.

## 22 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

### *SPECIAL POPULATIONS MODULE*

DAY 7

- Special Populations



## *Enrollment and Online Content*

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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 two 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 for the Pilates curriculum. If additional time is needed, it may be requested for a \$75/month extension fee. Participants may request up to three months at a time and may not exceed a total of three extension requests.

Access to the Anatomy course will be granted to the participant for one year from the date of enrollment. Extensions will not be permitted for Anatomy coursework. Please note these fees only apply to extended Canvas access and does not include additional fees that may be owed to the Master Trainer for mentorship, grading and the final test out.

## *Tuition Options*

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1. Club Pilates Full Tuition Price: \$2,995
2. Payment Plan Option: \$1,165 non-refundable deposit and up to 4 monthly payments thereafter, including a \$49/month processing fee for each payment
3. Enroll Now: only \$1,165 as a deposit to get started, defer additional payments until in-studio days begin

## *Modular Courses*

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If a practitioner would like to complete their education to become Comprehensively certified, the additional modular tuition is as follow:

Modules prices are:

- Springboard and Cadillac Module: \$895
- Chair Module: \$630
- Ladder Barrel, Spine Corrector, and Magic Circle Module: \$630
- Teaching Skills & Programming Module: \$250
- All four modules: \$2405 in full or \$935 non-refundable deposit and up to 4 monthly payments thereafter, including a \$49/month processing fee for each payment

## *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
- Special Populations - \$65

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.