

POWERPILATES®

TEACHER TRAINING PROGRAM

S T U D E N T H A N D B O O K

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Dear Power Pilates Teacher Candidate,

We are delighted that you have found Power Pilates' education program. Our curriculum is based on a classical, systematic, and integrative philosophy that allows us to train the best teachers in the industry.

CLASSICAL

All our programs honor the original teachings, principles, vocabulary and exercise order as outlined by Joseph Pilates and passed on by Romana Kryzanowska and The Elders. While "Contemporary" Pilates programs may adapt, modify or reinterpret the exercises, method or language, we maintain a focus on the original intent of Joseph Pilates' work.

SYSTEMATIC

From Beginner to Intermediate and on to the Advanced level, each exercise or session has a systematic and meaningful sequence that is organized with a natural yet defined purpose and progression. This ensures a level of consistency among our teachers and provides for constancy of training among clientele.

INTEGRATIVE

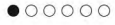
Our programs use the original Pilates Apparatus and provide the intelligence for understanding how each piece of Apparatus works and how to integrate them into a session at the appropriate time and for the correct purpose, ensuring the best results based on individual client needs.

In this Student Handbook, you will find information on our history, our program curriculum and requirements, and opportunities once you become a Power Pilates Teacher. If you have any questions, please do not hesitate to reach out to the Power Pilates Education Office for guidance. We look forward to hearing from you!

Sincerely,

The Power Pilates
Education Team
212 627 5695





ABOUT POWER PILATES



Power Pilates is the leading educator of Classical Pilates in the world with over 100 training centers in 10 countries, supported by more than 10,000 Power Pilates trained professionals. From the very beginning, Power Pilates has been dedicated to Pilates training that honors the integrity of the original method developed by Joseph Pilates. Our rigorous training programs are taught by the top instructors in the industry. Combined with an emphasis on our exclusive Art of Teaching, we provide our students with a profound learning experience and the most thorough preparation for a career in Pilates.

Power Pilates Education Programs include the classical exercises and proprietary teaching tools that inspire our students toward their highest level of professional achievement. Through both observation and practical experience, our programs build on the technical expertise by increasing knowledge, developing confidence and leadership ability in our students.



There are many pilates professional training programs on the market claiming to be the fastest, the cheapest, or the easiest. Power Pilates took a different tack right from its inception and is neither the fastest, nor the cheapest nor the easiest. Power Pilates is distinguished by an unrelenting emphasis on the classical pilates method. Our systematic teaching model and rigorous training standards further the development of confidence and leadership. Power Pilates' teaching process provides essential tools that act as a blueprint for students to follow. Each program is organized into a series of exercises which have been documented in a model and consistently adhered to by all of our Teacher Trainers throughout the world. The documentation addresses the anatomical foundations, ideal/alternative movements and specific verbal and sensory cues to provide the student with a thorough teaching foundation. The systematic approach makes teaching simpler and enables us to focus on a consistent teaching experience. As a result, wherever and whenever you take a Power Pilates class, you experience the same high quality program through the various voices and personalities of each of our graduates.

As the recognized leader in the industry, Power Pilates trained instructors are sought after at studios and fitness facilities worldwide. By choosing to become Power Pilates educated, our graduates join a global community of passionate and dedicated professionals stretching from the US to South America, Europe to Asia.



OUR HISTORY

Power Pilates is distinguished in the industry by an unwavering emphasis on training that honors the integrity of the original method developed by Joseph Pilates.

Joseph Pilates was born in a small village near Düsseldorf, Germany in 1883. His father was a prize winning gymnast and his mother was a naturopath. In his early years, Joseph was interested in and influenced by both Western and Eastern forms of exercise, including yoga. He achieved some success as a boxer, a gymnast, a skier and a diver. During WW I, he taught wrestling and self defense.

Joseph came in contact with many soldiers who had suffered from various injuries during and following the war. He devised spring mechanisms attached to beds to aid in rehabilitation and so began the development of what we refer to today as the Cadillac. His system focused on the core postural muscles which help keep the body balanced and which support the spine. The central aim of Pilates is to create a fusion of mind and body so that movement is efficient, balanced and graceful.

Joe and his wife, Clara, opened a gym following their arrival in New York in 1926. The gym was located on Eighth Avenue in the same building as several dance studios and rehearsal spaces. Joseph began to work

with the dancers, eventually including such luminaries as George Balanchine, Martha Graham and Jerome Robbins. Many of today's Pilates teachers have a background in dance.

Clara continued to teach Pilates and run the studio after Joseph's death in 1967. One of their disciples, Romana Kryzanowska, later took over the studio and moved it to 56th Street. The first generation teachers are often referred to as the "elders." The Power Pilates Education Program was developed by chiropractor, Dr. Howard Sichel and Pilates Master Teachers Bob Liekens, Phoebe Higgins and Susan Moran, all trained by Romana Kryzanowska in the early 1980's.

Throughout the 1980's, Dr. Howard Sichel sent his clients to be rehabilitated by his office neighbor, Pilates Master Teacher Romana Kryzanowska at her studio. After Romana's original studio closed in 1989, Dr. Sichel and Phoebe Higgins salvaged much of the equipment and relocated the studio to Dr. Sichel's chiropractic office. Soon after Susan Moran joined forces and Power Pilates was created. In 2000, Bob Liekens joined Sichel, Higgins, and Moran and Power Pilates became the dominant force in classical Pilates creating an organized, inspiring teacher training program sought out by Pilates and fitness professionals worldwide. Power Pilates is proud to preserve the legacy of Joseph Pilates while nurturing the next generation of Pilates professionals.

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To achieve the highest accomplishments within the scope of our capabilities in all walks of life we must constantly strive to acquire strong, healthy bodies & develop our minds to the limits of our ability.

-Joseph Pilates



TEACHER PROGRESSION

At Power Pilates, we believe the best teachers are always learning and have structured our program to allow our teachers to always continue moving forward in their education.

I. TEACHER - Candidates who successfully complete a Power Pilates training program are called Teachers. Teachers are referred to by the highest level completed -- a Core Mat I graduate is called a Beginner Mat Teacher while a Comprehensive graduate is called a Comprehensive Teacher.

II. SENIOR TEACHER - Experienced Power Pilates Comprehensive graduates who are accepted into and meet the requirements of our Graduate Program receive the designation of Senior Teachers.

III. TEACHER TRAINER - Teacher Trainers do just that -- train teachers. Our Teacher Trainers have met the rigorous standards of our Teacher Trainer program, including teaching experience, anatomy and curriculum knowledge, and extraordinary professional standards. Very few candidates make it through to this high level and our high standards for our Teacher Trainers allow us to offer the same high quality of education at every Power Pilates training center worldwide.

IV. SENIOR TEACHER TRAINER Teacher Trainers represent the highest level of Power Pilates educators. These rare individuals are chosen for their length of service as Teacher Trainers, superior leadership and mentoring skills, and depth of knowledge of the Power Pilates program.

CURRICULUM PATH

MAT PROGRAMS

CORE MAT I

The Core Mat I program is the foundation of the Power Pilates method. Each subsequent program builds upon the information learned during this course. During this weekend students will learn to teach the 18 beginner level mat exercises and be introduced to Power Pilates teaching tools, philosophy, and teaching formula. The course includes a review of basic anatomy from a Pilates perspective. Graduates of this course will know how to teach a 60-minute beginner level Mat class (including modifications and variations for advancement). Every student new to Power Pilates must start with Core Mat I.

Prerequisites:

- Attend a minimum of 10 classically taught Beginner Mat classes prior to the weekend. Classes may be taken at any classical Pilates studio.
- Purchase & read Anatomy of Movement by Blandine Calais-Germain - chapters 1-3 & 6.
- Memorize the Beginner Mat order (sent to you upon registration) prior to the weekend

CORE MAT II

During the Core Mat II weekend, students will learn 12 intermediate level exercises, including where to add them within the sequence of the beginner level mat class, and continue to work on expanding their teaching skills. Our students say that "everything starts to click" during the intermediate mat weekend. Graduates of Core Mat II weekend have the ability to work with people of all ages and challenge clients at all fitness levels at the same time in an intermediate level 60-minute Mat class.

Prerequisites:

- Core Mat I
- Memorize the Intermediate Mat order (sent to you upon registration) prior to the weekend

ADVANCED MAT

All essential components of the Power Pilates teaching tools and formula will be enriched and advanced exercises will be mastered during the Advanced Mat training. Students will learn how to incorporate the advanced exercises safely and effectively into their client's repertoire. Graduates will know how to teach a

a 60-minute advanced level Mat class (including modifications and variations for advancement).

Prerequisites:

- Core Mat II
- Memorize the Advanced Mat order (sent to you upon registration) prior to the training

APPARATUS PROGRAMS

COMPREHENSIVE

The Comprehensive training is our most extensive program and covers beginner, intermediate and advanced level exercises utilizing the Pilates apparatus – Mat, Reformer, Cadillac, Chair, Barrels, Ped-o-Pull and Magic Circle – as well as understanding how to work with Special Case clients (i.e. obesity, pregnancy, back problem, neck, knee, shoulder, etc.). You will continue to utilize and build the teaching tools learned during the Core Mat I & Core Mat II weekends. You will sharpen your eye for subtle exercise modifications and master the ability to work with people of all ages and fitness levels at the same time.

Prerequisites:

- Complete the Power Pilates Core Mat I & Core Mat II trainings
- Attend a minimum of 25 apparatus sessions with a classically trained instructor prior to the weekend. Private or semi-private sessions are recommended.
- Read The Pilates Primer: Millennium Edition - Return to Life Through Contrology and Your Health by Joseph Pilates
- Complete a Basics of Anatomy workshop within two years of the program start date. The Basics of Anatomy workshop may be completed at a Power Pilates Conference or online at leadersinfitness.com/basicsofanatomy. College coursework and other equivalent workshops will be considered as long as completed within the past two years.
- Review and memorize the Beginner System order of exercises and anatomy charts that will be sent to you in your registration confirmation email

12-DAY INTENSIVE

The 12-Day Intensive is ideal for pilates instructors and students who have a strong classical pilates



background and/or are at an intermediate/advanced level. This is the ideal program for Bridge participants to further develop teaching skills and confidence as instructors. You must be familiar with the apparatus (Reformer, Chairs, Cadillac and Barrels) as well as the sequence of the exercises. Essentially, this is the advanced format of the Comprehensive program. It includes the same manual, lectures, and exams, but is taught in a 12-day format as opposed to a 5-weekend format. Due to the advanced format, an audition may be required. If applicable, Apprentice hours begin after the Intensive has been completed.

Prerequisites:

- Same as for the Comprehensive Program, plus:
 - a) Audition may be required -- contact the Education Office to schedule

BRIDGE PROGRAM

Power Pilates welcomes experienced Pilates instructors to attend our Comprehensive program at a discounted rate through the Bridge option. Your prior Pilates experience must include: Beginner, Intermediate and Advanced level training on Mat, Reformer, Chairs, Cadillac, and Barrels. As a Bridge participant, you are required to attend the 5-weekend intensives of our Comprehensive program or the 12-Day Intensive. You will receive the training manual and will participate in the program. Unless notified after your audition evaluation, you will not be required to complete any apprentice hours or attend weekly meetings. Within one month of completing the program you will take your final evaluation.

Prerequisites:

- Same as for the Comprehensive Program, plus:
 - a) Beginner, Intermediate and Advanced level teacher training on Mat, Reformer, Chairs, Cadillac, and Barrels.
 - b) Audition may be required -- contact the Education Office to schedule

SYSTEMS PROGRAM

The Systems Program presents the same material as the Comprehensive training but in a different format. The System Training track allows students to complete their education over a longer time period or while meeting other obligations (work, family, etc.). Systems I, II, and III are designed to be taken together, progressing to a new level within 12 months of finishing the previous level. They should not be looked at as stand-alone programs. Completing all three levels is equivalent to a

Comprehensive certificate.

System I is a 2-4 month self-study supported program (4 weekend intensives) that prepares students to teach private and semi-private sessions on the apparatus at a beginner/intermediate level. Students learn Power Pilates entire Beginner System along with a handful of intermediate level exercises.

Prerequisites:

- Complete the Power Pilates Core Mat I & Core Mat II trainings
- Attend a minimum of 25 apparatus sessions with a classically trained instructor prior to the weekend. Private or semi-private sessions are recommended.
- Read The Pilates Primer: Millennium Edition - Return to Life Through Contrology and Your Health by Joseph Pilates
- Complete a Basics of Anatomy workshop within two years of the program start date. The Basics of Anatomy workshop may be completed at a Power Pilates Conference or online at leadersinfitness.com/basicsofanatomy. College coursework and other equivalent workshops will be considered as long as completed within the past two years.
- Review and memorize the Beginner System order of exercises and anatomy charts that will be sent to you in your registration confirmation email

System II is a 2-4 month self-study supported program (4 weekend intensives) that prepares students to teach private and semi-private sessions on the apparatus utilizing the entire Intermediate System.

Prerequisites:

- System I

System III System III is a 6- 8 week self-study supported program (3 weekend intensives) that prepares students to teach private and semi-private sessions on the apparatus utilizing the entire Advanced System. Graduates of System II will be prepared to teach a 60-minute private, duet, and semi-private session to advanced level clients utilizing pilates apparatus based on the individual needs of the client (including modification, variations for advancement, and special case clients)..

Prerequisites:

- System II

TRAINING PROGRAM FAQs

WHERE DO I BEGIN?

The first step in becoming a Power Pilates instructor is always Core Mat I (Beginner Mat), regardless of prior Pilates training. During the Core Mat program, we explore more than the 18 beginner level mat exercises. We introduce Power Pilates Teaching Tools®, "The Art of Teaching."

CAN I ATTEND THE MAT PROGRAMS IN ONE CITY AND COMPREHENSIVE IN ANOTHER?

Yes, Power Pilates offers the same high quality training programs at our Training Centers worldwide. The quality and curriculum will not differ by location. We pride ourselves in offering a consistent, unified, worldwide program!

IS THE COMPREHENSIVE PROGRAM BETTER THAN THE SYSTEM TRAINING PROGRAM?

Both programs are equal in quality; it is the structure/format of the curriculum that is designed differently, but will give you the same results. Power Pilates would not offer a training program that did not meet our high standard of excellence.

Comprehensive is a 6-12 month program, which includes Beginner, Intermediate, and Advanced level exercises on all apparatus. This program requires the attendee to dedicate a concentrated period of time to the program.

System Training is the Comprehensive program divided into three levels: Level I (Beginner/Beginner-Intermediate), Level II (Intermediate), and Level III (Advanced). It is designed for those who do not have the luxury of completing 600 apprentice hours, want to learn at a slower pace, take it one level at a time or work full or part time. Each level has more in-class hours. Instead of completing traditional apprentice hours you complete self-study practice hours. You must be self motivated to thrive in this program. The System program is not offered in all regions.

WHAT IS THE LENGTH OF EACH TRAINING PROGRAM?

Core Mat I - 16 Hours / 3 Days
 Core Mat II - 16 Hours / 3 Days
 Advanced Mat - 12 Hours / 2 Days
 Comprehensive - 6-12 months
 System I - 2 months
 System II - 2 months
 System III - 6 weeks

WHAT DOES THE BRIDGE/12-DAY AUDITION INCLUDE?

The 20-30 minute audition requires candidates to:

- Perform the Intermediate Mat and Reformer exercises (2-3 reps of each)
- Perform 2 exercises on the: Cadillac, High Chair, Wunda Chair, and Ladder Barrel (2-3 reps of each)
- Explain why you chose the exercises you did
- Teacher Trainer may have additional questions regarding your background and knowledge base



PREPARING FOR THE COMPREHENSIVE PROGRAM



The Power Pilates Comprehensive Program is a rigorous training program that requires preparation and dedication to succeed.

PREREQUISITES

- Complete the Power Pilates Core Mat I & Core Mat II trainings
- Attend a minimum of 25 apparatus sessions with a classically trained instructor prior to the weekend. Private or semi-private sessions are recommended.
- Read *The Pilates Primer: Millennium Edition - Return to Life Through Contrology and Your Health* by Joseph Pilates
- Complete a Basics of Anatomy workshop within two years of the program start date. The Basics of Anatomy workshop may be completed at a

Power Pilates Conference or online at leadersinfitness.com/basicsofanatomy. College coursework and other equivalent workshops will be considered as long as completed within the past two years.

- Review and memorize the Beginner System order of exercises and anatomy charts that will be sent to you in your registration confirmation email



SUPPLEMENTARY MATERIALS

Although not required, our students find the following courses helpful in preparing for and studying during the Comprehensive program:

- Beginner/Intermediate Apparatus Visual Training
- Intermediate Apparatus Visual Training
- Advanced Apparatus Visual Training

All three of these Visual Training Manuals are available at leadersinfitness.com/comprehensive

TUITION & REGISTRATION

Registration for all Power Pilates trainings is completed online at powerpilates.com/registration. Tuition for the Comprehensive program is currently \$4995. Early Bird and Mat-Comp Bundle discounts are available. a discount of 10% to current and retired military personnel, including active duty service members, reservists, veterans, and National Guardsmen. Email a copy of your military ID to info@powerpilates.com to receive your discount code.

	Early Bird Register up to 1 month before program start	Regular Register 1 month to 1 week before program start	Late Registration Register 1 week to 1 day before program start
COMPREHENSIVE ONLY	\$4795	\$4995	\$5195
BRIDGE PROGRAM (Includes Core Mat I, Core Mat II, and Comprehensive)	\$3500	\$3500	\$3500



PAYMENT PLANS

- OPTION 1: Pay 50% deposit at registration. Balance due before start of Weekend 3. (5% Administrative Fee is assessed and added to deposit)
- OPTION 2: Pay \$1000 deposit at registration. Remaining balance due in two equal payments - one before Weekend 3 and one before start of final weekend. (5% Administrative Fee is assessed and added to deposit)

Payment plans are not available for the Bridge program or in combination with early bird discounts. Students may not attend weekends or sit examinations if not up to date on all payments

REFUNDS, CANCELLATIONS, AND TRANSFERS

All refunds, cancellations, and transfers are governed by the current Power Pilates Student Contract.

- Cancellation by Student. Students who wish to cancel their registration must do so before the first day of class and no later than 5:00 PM EST of the day preceding the first day of class. A credit will be issued for the amount paid minus a \$100.00 cancellation fee. The credit will be valid for one year. No refunds will be issued for any reason. There will be no adjustments after the first day of class.
- Cancellation by Power Pilates. Power Pilates reserves the right to cancel any program or course at any time and will contact students in the event of a cancellation with alternative opportunities.
- Transfers. Transfers prior to the program start are available for all funds paid less the \$100.00 transfer fee. Mid program transfers may be granted at the sole discretion of the Power Plates Education Office.

SCHOLARSHIP PROGRAM

Power Pilates offers a limited number of scholarships for the Comprehensive program each year. Visit powerpilates.com/apparatus for more information. Applications are accepted on a rolling basis and awarded in April.

EDUCATION DEPARTMENT CONTACT INFORMATION

Phone 212.627.5695

Email info@powerpilates.com

Website www.powerpilates.com

Address 920 3rd Ave, 6th floor, NYC 10022



EXPECTATIONS FOR COMPREHENSIVE APPRENTICES

REQUIREMENTS

- Attend all weekend intensives and weekly meetings
- Accrue a minimum of 450 apprentice hours (or more, at the discretion of supervising Teacher Trainer)
- Attend 1 weekly Advanced Mat class (additional cost, discounts may apply)
- Attend 1 weekly private or semi-private apparatus session (additional cost, discounts may apply)
- Additional sessions may be required at the discretion of the supervising Teacher Trainer
- Maintain a professional demeanor at all times during

the program and take responsibility for your own progress

- Complete and pass all exams and evaluations within the required 12 month time limit

ATTENDANCE REQUIREMENTS

Apprentices are required to arrive on time and participate in all weekends, weekly meetings, and required classes as well as complete apprentice hours for a total of 600 program hours.

- 16 Hours - Core Mat I (Prerequisite)
- 16 Hours - Core Mat II (Prerequisite)
- 90 Hours - Comprehensive Weekends (18 Hours Each)
- 450 Hours - Apprentice Hours
(Observation/Teaching/Self-Practice)
- 4 Hours – Evaluations
- 24 Hours – Weekly Meetings and Advanced Mat Classes

WEEKEND INTENSIVES

Attendance is mandatory at all weekend intensives. Arriving late or leaving early are not permitted and will be counted as a full absence. Apprentices who are unable to attend a weekend intensive must travel to another host location to complete the missed weekend prior to the next weekend at your location. All substitutions must be preapproved by the Education Department in writing. Weekends must be taken in sequential order. If an apprentice misses a weekend and is unable to attend an approved alternative, he must transfer to a later Comprehensive program and withdraw from the current group. Standard transfer fees will apply.





Missing more than 2 meetings may result in dismissal from the program. Pre-recorded meetings are available for emergency absences and should be coordinated with the Education Department. Apprentices are responsible for getting any notes missed from another apprentice and should consider scheduling a private session with the Teacher Trainer to review the material.

APPRENTICESHIP

Apprentice hours begin the day after completing the first weekend intensive of the program. Apprentice hours are divided between observation, teaching, and self-practice hours. Apprentices are responsible for tracking hours and submitting a log sheet demonstrating the appropriate number of hours accrued prior to attempting the 100 Hour, 300 Hour, 400 Hour, and 600 Hour evaluations. Apprentices should keep a copy of all log sheets submitted.

• Observation

- Observing Teacher Trainers and approved Power Pilates certified teachers in action in the studio

• Teaching

- Beginning with practice teaching with fellow apprentices and progressing to working with actual clients. Teaching hours are ideally completed with Teacher Trainers or approved Power Pilates certified teachers in the room to allow for additional feedback and guidance.

• Self-Practice

- Independent practice hours, including the required weekly apparatus session.

In order to complete the program in the required time frame, apprentices should plan to log a minimum of 18-20 hours per week. We recommend that apprentices try to work their hours around the schedule of observable Teacher Trainers at their locations and observe our Teacher Trainers as much as possible, especially during the first 100 apprentice hours.

Apprentices can and do complete the program while working full-time jobs. However, the Comprehensive program is a large commitment and will require making time for approximately 20 hours of apprentice hours each week in addition to the weekly intensives and should not be undertaken lightly.

Appropriate fitness clothing, clean sneakers (never used outside) and Power Pilates logo shirts are required while apprenticing in the studio.

APPRENTICESHIP EXTENSION

Should the student exceed the 12 month time limit to complete the program, the student shall be billed \$150 per month until the 600 hour exam is passed or the student withdraws in writing from the program. Apprentices should notify the Education Office upon reaching their 12 month of apprenticeship and again upon passing the final evaluation.

EXAMS AND EVALUATIONS

Apprentices must pass all exams and evaluations to complete the Comprehensive program. Retests of are permitted after additional apprentice hours (usually 50) are completed. No retest fees apply for the 100, 300, and 400 hour evaluations. For the final 600 Hour "Test Out", one retest is included in the program tuition. A second retest (third test attempt) is \$150. Apprentices who fail the third testing attempt may be required to retake the program at a discounted rate at the discretion of the Education Department.

THE MAJOR EXAMS TO NOTE ARE:

• 100 Hour - Beginner System Evaluation

- Written Exam
- Practical Evaluation
- Should Be Completed Before Weekend 2 of the Comprehensive Program

• 300 Hour - Intermediate System Evaluation

- Written Exam
- Practical Evaluation
- Should Be Completed Before Final Weekend of the Comprehensive Program

• 400 Hour - Advanced System Evaluation

- Written Exam
- Practical Evaluation
- Should Be Completed Within 1 Month of Final Comprehensive Weekend

• 600 Hour - Final Examination and Evaluation

- Written Exam
- Practical Evaluation (Teaching Two Levels Simultaneously)
- Self Practice Evaluation (Advanced Mat and Advanced Reformer)
- Oral Examination
- Completed 6-12 Months After Starting the Comprehensive Program



Apprentice exams and evaluations are designed to assess mastery of teaching skills, understanding of special case modifications, and our classical, systematic, and integrative approach to the Pilates method.

ACADEMIC MISCONDUCT

CHEATING

Power Pilates holds a strict no-tolerance policy for cheating and other unethical behaviors. Prohibited actions include, but are not limited to:

- Copying another student's answers on an exam or allowing another student to copy your answers
- Sitting an exam for another person or having another person complete an exam for you
- Stealing, buying, or otherwise obtaining copies of exams or exam answers
- Selling, giving away, or otherwise sharing copies of exams or exam answers
- Attempting to change one's grade on an exam sheet or in Power Pilates records
- Plagiarism
- Bribery or attempted bribery

TERMINATION FROM THE PROGRAM

Power Pilates reserves the right to terminate any student from the program for late payment, academic misconduct, chronic tardiness and any other unprofessional conduct. The student may also be terminated, at the discretion of the instructor, for poor academic performance. In the event that a Student is terminated from the program, Power Pilates will not refund any tuition paid.

WITHDRAWAL OF CERTIFICATE

Power Pilates reserves the right to withdraw a certificate at any time (even after it has been granted) should there be discovery that the student was in violation of our Cheating and Academic Misconduct Policies.



BEYOND THE COMPREHENSIVE PROGRAM

Your Education does not end when you complete the Comprehensive program. As a Pilates instructor, you must continue to learn, revisit and refine your teaching skills.

YOUR COMPREHENSIVE CERTIFICATE

Your Comprehensive certificate will be mailed to you 4-6 weeks after your final evaluation paperwork is submitted by the Teacher Trainer to Power Pilates. If you need verification of completion in the interim, we are happy to provide a confirmation of completion letter. Once your certificate arrives, make a copy for your records (saving to your computer is best) and keep your certificate in a safe date. Take note of the expiration date in the lower righthand corner so that you can start working on your continuing education.

PMA EXAM

Completing the Power Pilates Comprehensive Program prepares you to sit the Pilates Method Alliance (PMA) exam to receive the PMA CPT designation if desired. For more information, visit pilatesmethodalliance.org.



CAREER OPPORTUNITIES

OVERVIEW

Power Pilates trained instructors have a variety of career options to choose from, depending on their lifestyle choices and business objectives. The career trade-offs to consider include your work commitment, income expectations and, in some cases, business investment as well as management capabilities. Moreover, these career choices are boundless, enabling Power Pilates instructors to evolve their careers over time.

BUILD A CAREER

Most new teachers chose to work at an established studio (or gym, health club, chiropractic office, or recreational center), at least initially. A career as a pilates instructor offers flexible working schedules from a day or so a week for independent contractors to full time employee positions with benefits.



Entrepreneurially minded teachers may want to consider opening their own studios, which can range from a room in a private home to a professional studio with staff. In either case, owners also have the responsibility for marketing, staffing and bookkeeping in addition to teaching. Starting a studio takes some capital outlay and the potential for loss but also allows for the greatest opportunity for future earnings. Power Pilates offers several business related workshops, including How to Start a Pilates Studio.

COMPENSATION

Teachers may choose to work part time or full time depending on personal commitments and income needs. Part time contractors typically earn an hourly wage plus other financial incentives, such as new client bonuses. Full time instructors can expect to be compensated at a higher hourly or salaried rate and enjoy benefits such health care coverage, paid vacation. For studio owners, who are also taking risk with the investments, compensation can reach the six-figure range depending on location and business acumen of the individual. Power Pilates regularly posts job openings on our social media channels.

CONTINUING EDUCATION

Power Pilates believes that learning is an ongoing process and that completing a training program is only the first step in a lifelong journey of learning and growth. Power Pilates Teachers are required to continue their education by earning a specified number of credits. These courses allow students to review the principles and exercises learned during education, explore topics not covered during their program, refine their teaching skills, and most importantly, maintain the integrity of the method. Power Pilates has developed the most extensive continuing education program in the industry.

WHAT ARE THE RENEWAL REQUIREMENTS?

Your Power Pilates Assessment-Based Certificate (ABC) expires every two years. To maintain and renew your ABC, you are required to complete a certain number of Power Pilates Continuing Education Courses before the ABC expires. You can complete your CEC's at Power Pilates Conferences and through our online offerings. Your true education begins once you complete a Power Pilates Teacher Training. As a Pilates instructor, you must continue to learn and refine your teaching skills to inspire yourself and others.

CREDITS REQUIRED TO RENEW:

MAT PROGRAMS	CECs
Core Mat I (Beginner Mat)	6
Core Mat II (Intermediate Mat)	6
Advanced Mat	6
 APPARATUS PROGRAMS	 CECs
System Training Level 1	12
System Training Level 2	12
System Training Level 3	15
Comprehensive	15
Bridge Participant	15

HOW DO I EARN THE REQUIRED CREDITS?

You can earn your required credits through workshops at Power Pilates conferences (find a workshop on our website: powerpilates.com) or online leadersinfitness.com/powerpilates. Workshops cover topics such as technique review, exercise progressions, the Art of Teaching, anatomy, special cases, and the business of Pilates. There is always something new to learn with Power Pilates!

In addition, we offer graduates the chance to audit programs already completed for Power Pilates CECs. Auditing is \$275 per weekend for Core Mat I, Core Mat II, and a la carte Comprehensive weekends for 6 CECs each. Auditing all 5 Comprehensive weekend is discounted to \$1050 and includes the latest copy of the Comprehensive manual and 15 CECs.



HOW DO I SUBMIT FOR RENEWAL?

All renewals are processed on our website here: <http://powerpilates.com/continuing-education/renew-online.php>. The online form will guide you through all the information we need to process your renewal. All fields marked with an asterisk (*) are required. We recommend filling out the form on a desktop or laptop computer.

What If I Have Questions?

Contact the Education Department at info@powerpilates.com or via phone at 212.627.5695 and we will be happy to assist you.

Power Pilates is the leading educator in classical Pilates and we value the high standards we set for our instructors through our continuing education requirements.

GRADUATE PROGRAM

The Power Pilates Graduate Program allows for extended additional study and growth as a teacher for experienced Comprehensive-certified candidates who have been teaching full-time for a minimum of 3 years. Interested teachers are invited to apply and file a letter of intent. Applications are reviewed by a Teacher Trainer Committee and accepted to become Senior Teacher Candidates.

The Graduate Program requires in-depth study of Beginner-Advanced System, demonstrating exceptional proficiency in the Art of Teaching, developing extensive anatomy knowledge, and publishing original research in the Pilates field. Candidates accepted into the Program have three years in which to complete all program requirements, including:

- 90 hours of auditing (5 Comprehensive Weekends)
- Pass all weekend evaluations during auditing
- Pass the Practical Graduate Program Exam after auditing
- Pass the Graduate Program Anatomy Examination
- Complete and submit an original research product to the Board of Review

Candidates who are accepted into the Graduate Program and who successfully complete all

requirements will be deemed a Power Pilates Senior Teacher. Completion of the Graduate Program does not guarantee acceptance into the Teacher Trainer program.

TEACHER TRAINER CANDIDACY

Senior teachers with a passion for the Power Pilates method are invited to audition to become Teacher Trainer Candidates to pass the method on to the next generation of teachers. New Teacher Trainer Candidates are only accepted for areas in which Power Pilates has a need for Teacher Trainers. Senior Teacher auditionees who are accepted are known as Teacher Trainer Candidates. The process for becoming a Teacher Trainer requires Candidates to:

- 90 hours of auditing (5 Comprehensive Weekends)
- Pass all weekend evaluations during auditing
- Pass the Practical Graduate Program Exam after auditing
- Pass the Graduate Program Anatomy Examination
- Complete and submit an original research product to the Board of Review

Interested Senior Teachers should contact the Education Office for more information.



A body free from nervous tension and fatigue is the ideal shelter provided by nature for housing a well balanced mind, fully capable of successfully meeting all the complex problems of modern living.

-Joseph Pilates



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