

Classical Pilates Teacher Training

Edge Pilates Studio
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Thank you for your interest in The *Classical Pilates Teacher Training Program*. This packet will provide you with all the information you will need to become a certified Pilates instructor.

The classical style of Pilates represents a unique approach to exercise that develops body awareness, core strength, increased flexibility and an ease of movement. The *Classical Pilates Teacher Training Program* is in its fifth year and is taught by Taunya Foerster. Taunya has over eighteen years in the fitness industry with a focus on Pilates and nutrition. She believes education is a way to continually learn and evolve. Taunya's focus is to help people improve their fitness level to better assist in an improved quality of life.

Our program is based on the principle that before working the peripheral parts of the body, the center needs to be strong and stable. We believe in a systematic integrated approach to Pilates training, where a client has the ability to follow a system of exercises utilizing different apparatus. Our approach completely changes a person's body, rids them of the chronic weaknesses they have suffered with and makes teaching much easier.

Pilates was originally developed with the understanding that the center/core of the body is where the initiation of movement should come from. Flexibility, range of motion and a long lean body will result. The true education in Pilates is about giving tools to the teacher that enables him or her to understand and communicate the principles that are being taught.

Health & Happiness,

The Classical Pilates Studio

Packet Page Directory

Page 1 – About Classical Pilates Teacher Training

Page 2 – Teacher Training Packet Page Directory

Page 3 – Teacher Training Type Options & Objectives
Pilates Manual Information & Pre-Requisites

Page 4 – Apprenticeship, Hours, Benefits & Testing Out
What You Will Learn

Page 5 – Workshop Dates, Hours & Cost
Signing Up

Page 6 – Informed Consent

Page 7 – Self-Administered Medical History Form

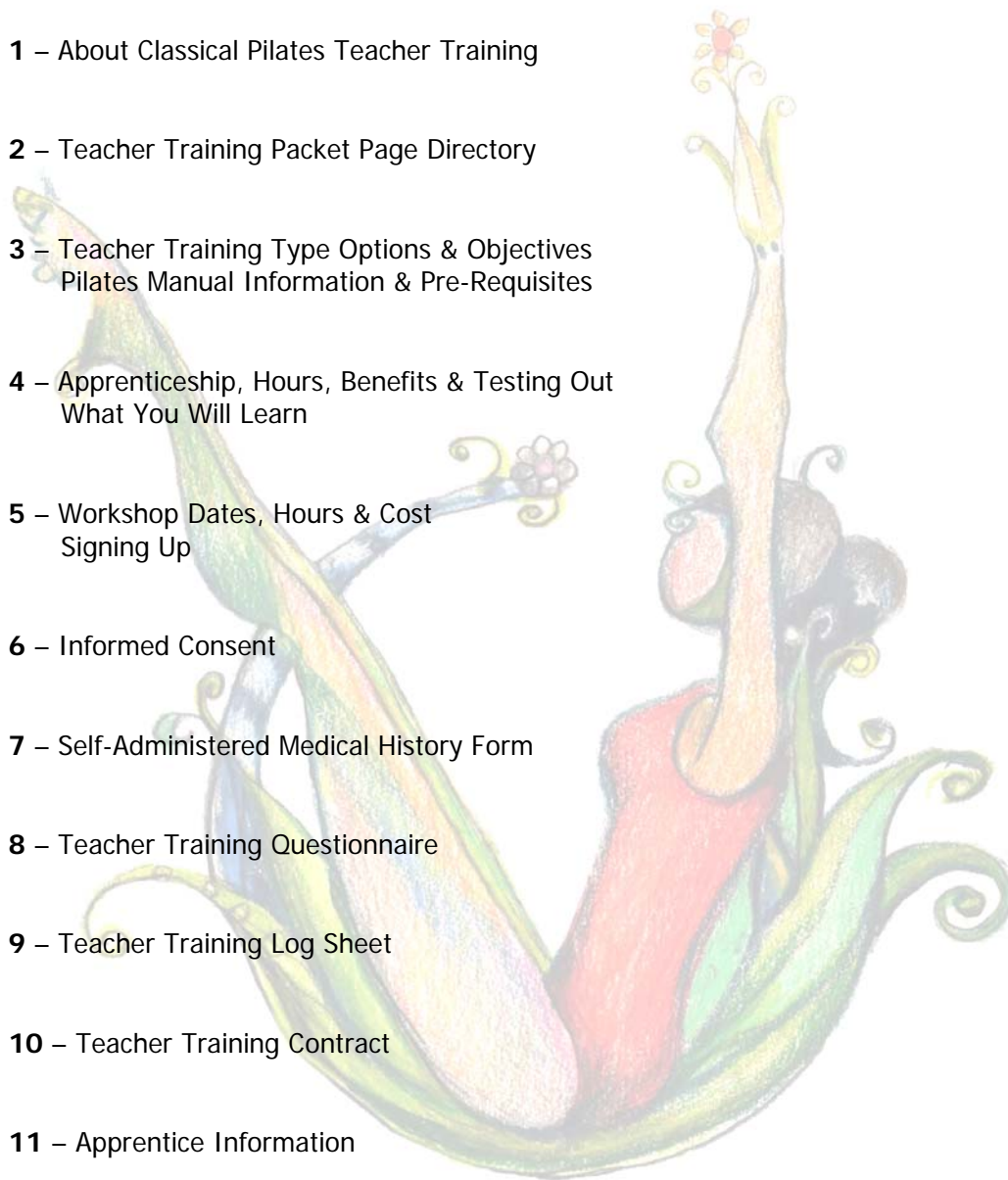
Page 8 – Teacher Training Questionnaire

Page 9 – Teacher Training Log Sheet

Page 10 – Teacher Training Contract

Page 11 – Apprentice Information

Page 12 – Payment Information



Pilates Mat Teacher Training

Pilates Mat includes the beginner, intermediate, and advanced mat systems. The Pilates Mat course consists of 16 hours within a 2-day weekend. These hours will include reviewing the Pilates Mat manual, being taught the correct form of the exercises, and practice teaching other apprentices the Pilates exercises.

Pilates Comprehensive Teacher Training

Pilates Comprehensive includes the complete mat, beginner, intermediate, and advanced apparatus systems. The Pilates Comprehensive is a series of four 2-day weekends consisting of 64 hours. These hours will include reviewing the Pilates manuals, being taught the correct form of the exercises, and practice teaching other apprentices the Pilates exercises.

10-Day Comprehensive Teacher Training

The Classical Pilates 10-Day Comprehensive includes the complete mat, beginner, intermediate, and advanced apparatus systems. This course is ten days straight consisting of 70 hours. These hours will include reviewing the Pilates manuals, being taught the correct form of the exercises, and practice teaching other apprentices the Pilates exercises.

Course Objectives

- ❖ Learn to teach the classical style of Pilates
- ❖ Learn how to put together an hour long session using the Pilates apparatus
- ❖ Learn how to teach clients who have special needs or limitations
- ❖ Learn how to communicate effectively to receive the results you want
- ❖ Learn the proper form of the Pilates exercises
- ❖ Learn the correct muscles to use to get the appropriate workout

Pre-Requisites

- ❖ Read Anatomy of Movement by Blandine Calais-German
- ❖ Two letters of recommendation as to why you would be a good Pilates instructor (attach)
- ❖ A filled out questionnaire of your Pilates background (included)
- ❖ Five prior Pilates classes at The *Classical Pilates Studio*

Classical Pilates Manual

You will purchase the *Classical Pilates* manual for a fee of **\$50 per manual** to keep for yourself. There is a manual for each Pilates system: complete mat, beginner system, intermediate system, and advanced system. The Pilates manual will help you to study each system by covering the level, repetitions, major muscles included, technique, areas of concern, as well as color pictures to show the exercise being appropriately done. Manuals can be picked up prior to workshop once everything is paid in full.

Apprenticeship

You will go through the Teacher training course at the studio and then complete the hours needed until you are ready to test out. After testing out and passing all written and practical exams you will become a certified Pilates instructor.

Hours

You are required to complete **450 hours (Comprehensive) & 50 hours (Mat)** of self-study, observation of classes, practice teaching, and taking classes at our studio to complete this program. Some apprentices will need more hours to feel ready to test out. These hours do not include the hours of the weekend workshops; up to 50 previous hours (Comprehensive) & 10 previous hours (Mat) can be logged. Be sure to keep track of your hours on the log sheet provided by our studio.

Testing Out

You choose when you are ready to test out. There will be a written as well as a practical test for the mat system, beginner system, intermediate system and advanced system. Each practical will have a nominal \$100 test-out fee. The apprentice will need to provide the subject to use for their practical. The practical test includes taking the subject through an hour long workout that is safe, effective and flows. If you do not pass your practical test, it will be required to complete an additional 50 hours and re-test for that system.

Student Teaching

Once you are to a level where you have been approved to student teach prior to completing the full course, you will receive a compensation of \$15 per class. The studio will charge those clients who want to train with a student teacher \$35 per session; no exceptions.

Teacher Training Benefits

- ❖ The Classical Pilates course can be taken as many times as you would like complimentary once paid for the first round.
- ❖ Mat training enables you to take mat classes at a discounted rate. (up to 6 months after workshop)
- ❖ Comprehensive training allows you to take mat, tower, circuit, and semi-private sessions at a discounted rate. (up to 6 months after workshop)
- ❖ You are able to work for the Pilates studio if you are ready to teach.
- ❖ You will learn anatomy of the human body to help you understand the exercises.

What You Will Learn

- ❖ The many benefits of Pilates
- ❖ How Pilates benefits different people
- ❖ Correct names of the Pilates exercises
- ❖ Precise way to perform the exercises
- ❖ How to teach each exercise
- ❖ Anatomy of the body (Skeletal & Muscles)
- ❖ Proper Pilates breathing
- ❖ Verbal and physical cueing
- ❖ Benefits of each exercise
- ❖ Transitions from one exercise to another

- ❖ Inventive variations to the exercises
- ❖ Proper Pilates form
- ❖ How to access your client

Teacher Training Cost

- ❖ Mat Training ... **\$800** plus manual
- ❖ Comprehensive Training ... **\$4,300** plus manuals

The **complete payment** must be in the studio no later than 2 weeks prior to the teacher training course you will be attending. Spaces fill up quickly so it is ideal to send a payment in of \$400 for mat and \$2,150 for comprehensive to save a spot up until one month prior to the course. Full payment must be in to receive discounts of classes. We accept all payment types.

Signing Up

The packet must be submitted no later than two weeks prior to the first day of the course. All paperwork and payments must be submitted at the same time. The following must be in to complete your sign-up:

- ❖ Completed Teacher Training packet
- ❖ Teacher Training contract (included)
- ❖ Pilates Questionnaire (included)
- ❖ Full payment inc. manuals
- ❖ Two letters of recommendation

Dates & Hours

2009

Beginner System – October 3 & 4
Intermediate System – November 14 & 15
Advanced System – December 12 & 13
Complete Mat– January 9 & 10

2010

Beginner System – February 27 & 28
Intermediate System – March 20 & 21
Advanced System – April 24 & 25
Complete Mat – May 22 & 23

Mat Workshop: ACE CEC Credit 1.6

Comprehensive Equipment Teacher Training: ACE CEC Credit 5.1

AFFA credit: 13.5

Saturday: 8:00am-5:00pm

Sunday: 8:00am-5:00pm

If our upcoming teacher training dates do not fit into your schedule, don't worry we also offer private one-on-one training. Please give us a call at (954)524-2939 so we may customize a schedule that fits your needs.

Custom Teacher Training Programs: Our studio customizes Teacher Training workshops for studios, spas, gyms and businesses wanting to have eight or more clients go through the Pilates Training process.

The information below is to be filled out in its entirety and given to The Classical Pilates Studio at least 2 weeks prior to the date of the course you will be attending. The information that is obtained will be treated as privileged and confidential and will not be released or revealed to any person other than the staff at the Classical Pilates Studio. All information below this point is correct to my knowledge.

Signature of Participant: _____
Signature of Witness: (owner) _____

Date: _____
Date: _____

Informed Consent

General Statement of Program Objectives and Procedures: I understand that this physical fitness program may include exercises to build the cardio respiratory system (heart and lungs), the musculoskeletal system (muscle endurance, strength and flexibility), and to improve body composition (decrease of body fat in individuals needing to lose fat, with an increase in weight of muscle and bone). Exercises may include aerobic activities (running, walking, bicycle riding, etc.), calisthenics and weight lifting to improve muscular strength and endurance, and flexibility exercises to improve joint range of motion.

Description of potential Risks: I understand that the reaction of the heart, lung, and blood vessel system to such exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart rate, ineffective functioning of the heart, and in rare instances, heart attacks. Use of the weight lifting equipment, and engaging in heavy body calisthenics, can lead to musculoskeletal strains, pain, and injury if adequate warm-up, gradual progression and safety procedures are not followed.

Description of Potential Benefits: I understand that a program of regular exercise for the heart and lungs, muscles and joints, has many associated benefits. These may include a decrease in body fat, improvement in blood fats and blood pressure, improvement in psychological function, and a decrease in risk of heart disease.

Agreement: I have read the foregoing information and understand it; any questions, which may have occurred to me, have been answered to my satisfaction. I understand that I am free to withdraw from this program without prejudice at any time I desire. I am also free to deny answers to specific items to questions during interviews or when filling out questionnaires. The information that is obtained will be treated as privileged and confidential and will not be released or revealed to any person other than my physician without my expressed written consent. The information obtained, however, may be used for a statistical or scientific purpose with my right of privacy retained.

Signature of Participant: _____

Date: _____

Signature of Witness: (owner) _____

Date: _____

Self Administered Medical History Form

Past History

(Have you ever had?)

- Rheumatic fever/heart murmur
- High blood pressure
- Any heart trouble
- Disease of arteries
- Varicose veins
- Lung disease
- Injuries to back
- Epilepsy
- Diabetes
- Operations

Present Symptom

(Have you recently had?)

- Chest pain/discomfort
- Shortness of breath
- Heart palpitations
- Cough on exertion
- Coughing of blood
- Back pain
- Arthritis/painful joints
- Orthopedic problems
- Other: _____

Risk Factors

1. Do you smoke? yes / no
2. Diet
 - What is your weight now? _____
 - One year ago? _____
 - Are you dieting? _____

Family History

(Immediate family/grandparents)

- Heart attacks
- High blood pressure
- High Cholesterol
- Stroke
- Diabetes
- Congenital heart disease
- Heart operations
- Early Death
- Other illnesses

Medications

- None
- Digitalis preparations
- Anti-arrhythmias
- Diuretics & electrolytes
- Tranquilizers or sedatives
- Metabolic-insulin, thyroid
- Other: _____

Activity Level

Do you engage in physical activity? _____

What type of exercise? _____

How often? _____

How many minutes per day? _____

Is your job sedentary or active? _____

Do you have a discomfort or shortness of breath with moderate exercise? _____

What is your main motivation for engaging in physical activity?

How would you describe your level of Well being at this time?

Additional information:

Teacher Training Questionnaire (please type on separate sheet of paper)

1. Briefly describe your fitness and Pilates background:

2. Why do you want to become certified in Pilates?

3. List any degrees or certification that you hold in the related field:

4. What are your short and long term goals regarding Pilates teacher training?

5. Please list the dates of the workshops you plan on attending:

***Please provide 2 typed letters of recommendation in a business envelope paper-clipped.**

Teacher Training Log Sheet

Please download & print the Teacher Training Log Sheet from the Classical Pilates website to keep track of your Teacher Training hours. Each hour should be signed at the time of study. The following is an example of the log sheet found at www.apilatesstudio.com. Thank you.



1. By signing this contract, I acknowledge that I have read and understand all of the requirements and guidelines of the *Classical Pilates Teacher Training* program and that I agree to all of the terms, conditions, and regulations.

2. The student acknowledges that he/she has sufficient mental and physical health to participate in this strenuous program. The student participates in the program at his/her own risk and agrees to release collectively all *Classical Pilates* employees from any and all liability.

3. *Classical Pilates Teacher Training* makes no representation or warranties concerning the user application of the movement lessons and/or procedures taught in this course other than the course accredited by *Classical Pilates Teacher Training*.

4. Payment/Dates: All payments must be paid in full at least 2 weeks prior to the teacher training course. This includes the course payment and manual fees.

5. Cancellations: We offer NO refunds. We apologize for such a strict rule; clients have taken advantage of our refund policy in the past. Thank you for your understanding.

6. *Classical Pilates Teacher Training* reserves the right to terminate any student from the program for misconduct, chronic tardiness, and any other unprofessional conduct.

7. The student/teacher understands and agrees that *Classical Pilates* designs are trademarks of, and proprietary to, *Classical Pilates*. The teacher promises not to use the trademarks of *Classical Pilates* for any reason or purpose without the advance written permission of *Classical Pilates*.

8. The student/teacher understands that the teaching materials used in *Classical Pilates* programs have been created by, and are the property of, *Classical Pilates*. The student/teacher promises that he/she will use these materials solely in connection with this training and will not use or copy these materials for any other purpose, commercial or otherwise.

Signature of Participant: _____ Date: _____

Signature of Witness: (owner) _____ Date: _____

Apprentice Information

Name: _____

Date: _____

Address: _____

Phone: home (____)____-____ mobile (____)____-____ work (____)____-____

Email: _____ Preferred contact: home / work / cell / email

Emergency contact: _____ (____)____-____ / (____)____-____

Referred By: _____

Age: _____ Date Of Birth: _____ Occupation: _____

Comments: _____



Teacher Training Payment

Full payment must be received with completed certification packet. Manuals are included in the costs below. (check one)

Mat Training

Mat: \$850.00. Full payment is required 2 weeks prior to course date.

Dates: _____

Comprehensive Teacher Training

Comprehensive: \$4,500.00. Full payment is required 2 weeks prior to course date.

Dates: _____

Payment Information

Cash

Total amount: _____

Check

Check number: _____

Total amount: _____

Credit Card

Card type: _____ Exp. date: _____

Card number: _____

CVS number: _____

Name on card: _____

Billing Address: _____

Total amount: _____

Signature: _____



Thank you for your interest in the Classical Pilates Teacher Training Program. We appreciate you taking your time to read through the full training form. If you have any additional questions on any terms written in this form or about our training please contact us.

Sincerely,

Taunya Foerster (owner)
Edge Pilates Studio
info@edgepilates.com

