



Pilates Teacher Training Program

Pilates in the Grove Pilates Teacher Training Course prepares participants to teach private and group Pilates sessions on the Mat, Reformer, Trapeze Table, Wunda Chair and Ladder Barrel. Our curriculum includes basic anatomy as it relates to Pilates, history of the Pilates method, Pilates repertoire for the general and special populations. We welcome students from all fitness levels and backgrounds. Successful completion of all modules does not imply certification of any kind only that the participant has successfully completed the training program and allows the participants to be eligible to sit for the NCPT Certification Exam.

We look forward to answering any questions or concerns you may have about the program. Please feel free to contact us at 908-263-7398 or email alix@ther3finery.com.

Our Philosophy:

Our program incorporates the fundamentals of the Pilates Principles with up to date research on anatomy and physiology to provide a well-structured and complete learning experience. Our instructors are highly educated in biomechanics allowing for a full understanding of how the body works. We strive to teach with an emphasis on proper form and correct technique to allow participants to empower their future clients to correct muscle imbalances, improve posture, enhance flexibility and range of motion and increase overall body strength and structure through the practice of the Pilates method.

Requirements for entry into the program include:

- Prospective students are required to possess a High School Diploma, complete Application, conduct interview and have at least 30 hours of Pilates experience in a group class or private setting.
- Prospective students are required to pass a written anatomy exam or participate in the Functional Anatomy Course prior to the start of the program.

Program Highlights:

- Comprehensive Training on Mat, Reformer, Trapeze Table, Wunda Chair and Ladder Barrel
- Access to The R3finery studio location in Summit, NJ to take classes, fulfill observation hours and studio practice time
- Full Apprentice program offered at no extra cost to those who qualify
- Maximum class size of 8 participants

Programs Offered:

- Mat Teacher Training Certificate requires completion of 60 hours as stipulated in the detailed program outline
- The Comprehensive Teacher Training Program requires completion of 450+ hours of study as stipulated in the detailed program

Breakdown of Hours:

- **Training Modules:** Hours spent learning curriculum, anatomy and biomechanics
- **Observation:** Hours spent observing a certified instructor in a private or group setting at an approved studio or approved online platform
- **Practice Teaching:** Hours spent teaching group sessions (3 or more clients) and private or duet session (2 clients max). These sessions can be made up of friends, classmates and other volunteers free of charge.
- **Apprentice Teaching:** After successful completion of mid-term exams you will be allowed to begin teaching as apprentice at Pilates in the Grove studios at the discretion of the studio managers.
- **Self-Practice Hours:** Hours spent practicing exercises independently or as a student in a group class or private sessions with a certified Pilates instructor.

Schedule:

Basic Anatomy Course will take place the first weekend of teacher training.

All participants are required to take the Introduction to Pilates Course, which will include a Course Orientation, History of Pilates, Pilates Principles, Clients Screening, Postural Assessment and Scope of Practice.

Training Modules will take place one weekend per month from January 2023 to June 2023. These will include instruction in anatomy and exercises.

Check-off will take place before the following modules.

Completion of Program:

Students must pass all exams with a minimum of 75% and successfully pass all check-offs throughout the training program. Midterm and Final Exams include the following:

- Written Test is made up of questions pertaining to anatomy, biomechanics, principles of Pilates and basic pathologies
- Practical Exam requires students to teach 10-20 exercises pulled from a variety of apparatus that were taught throughout the program

Upon successful completion of all of the above requirements, students will receive a Certificate of Completion. The certificate verifies that students completed a 450+ hour Teacher Training Program and passed all exams making them eligible to sit for the NCPT exam. Passing of the NCPT exam is not guaranteed. Employment after successful completion of the program or the NCPT exam is also not guaranteed.

Tuition and Fees are \$7500 for the following:

- Functional Anatomy for Pilates
- Introduction to Pilates
- Mat
- Special Populations and Pathologies
- Level 1
- Level 2
- Level 3
- The Business of Pilates

Payment Options:

- Pay in full at start of program
- Pay in quarterly installments every 2 months that will be automatically charged

Fees include all training days, midterm and final exams, open studio training hours, exams and course manuals. Fees do not include required reading materials prior to start of program, application fee, any required make-up trainings or cost of classes and training at facilities outside of training program or other hours not stipulated in the above description. Cost of the NCPT exam is not included.

Refund policy:

Please see the full refund policy stipulated in the enrollment agreement.