



**CORE ESSENTIALS**  
**PILATES**

**Comprehensive Classical Certification  
Spring - Fall 2010**

**Program Summary**

Core Essentials Pilates' classical comprehensive certification program is designed to teach you how to be an instructor of the traditional Pilates method for the Mat and apparatus including Reformer, Cadillac, Tower, Electric Chair, Wunda Chair, Ladder Barrel, and Spine Corrector up to an intermediate/advanced level. Key fundamentals of anatomy, physiology and theory of movement serve as the basis of understanding as it applies to Pilates principles. Upon successful completion of this program, you will have learned to teach Pilates effectively and appropriately, with special consideration given to advancements and modifications.

This **335-hour program**, will consist of 2 primary parts:

**1) Seminar training and 2) Apprenticeship**, hours breakdown as follows:

- Private Sessions/Mat Prior to Pre-Cert: 30 hours
- Pre-Cert Seminars: 20 hours
- Pre-Cert Personal Practice: 20 hours
- Weekend Seminars: 90 hours
- Personal Practice: 45 hours
- Observation: 45 hours
- Apprenticeship Teaching: 45 hours
- 10 sessions w/Senior instructor: 10 hours
- Weekly Workshop Meetings: 30 hours

**Prerequisites / Requirements**

1. Attend Pre-certification Workshop Training (see dates below).
2. You must have completed at least **20 private sessions** and **10 mat classes**.
3. During the course of the certification, you must take (10) privates sessions with Buffy and/or Danielle.
4. Completed the following forms:
  - Application & Enrollment Agreement
  - Informed Consent, Studio Guidelines & Waiver Release of Liability
  - Medical Release from Physician

- Professional Liability Insurance
- Client Agreement/ Medical History Forms
- Prior Practice Log (showing minimum 20 Private sessions & 10 Mat classes)
- Current CPR Certification (Certification Workshop will be offered during the course of the certification)

## Pre-Certification

The pre-certification will teach you to perform the exercises in order to prepare to you learn to teach them in the Full Certification. The primary part of the part of this program emphasizes “getting Pilates into *your body*” so that you will be prepared for the apprenticeship part to begin immediately upon completion of Weekend I.

<b>Pre-Cert I</b>	<b>April 3 &amp; 4</b>	Sat 12 – 5 pm, Sun 10 – 3 pm
<b>Pre-Cert II</b>	<b>April 17 &amp; 18</b>	Sat 12 – 5 pm, Sun 10 – 3 pm

## Full Certification

<b>Weekend I</b>	<b>June 11, 12 &amp; 13</b>	Fri 6 -9 pm, Sat 11 – 5 pm, Sun 10 – 4 pm
<b>Weekend II</b>	<b>July 9, 10 &amp; 11</b>	Fri 6 -9 pm, Sat 11 – 5 pm, Sun 10 – 4 pm
<b>Weekend III</b>	<b>Aug 6, 7 &amp; 8</b>	Fri 6 -9 pm, Sat 11 – 5 pm, Sun 10 – 4 pm
<b>Weekend IV</b>	<b>Sept 10, 11 &amp; 12</b>	Fri 6 -9 pm, Sat 11 – 5 pm, Sun 10 – 4 pm
<b>Weekend V</b>	<b>Oct 8, 9 &amp; 10</b>	Fri 6 -9 pm, Sat 11 – 5 pm, Sun 10 – 4 pm
<b>Weekend VI</b>	<b>Nov 5, 6 &amp; 7</b>	Fri 6 -9 pm, Sat 11 – 5 pm, Sun 10 – 4 pm

### Key landmarks:

- After completing Weekend I, Apprentice teaching begins. This means you start teaching your ‘guinea pig’ and/or other Core clients.
- The written exam will take place during Weekend V. The multi-formatted exam is designed to take 3 – 4 hours to complete, will include essays, designing programs and progressing clients.
- The practical exam/exit interview will take place Weekend VI. The final portion of the test-out is the practical part – where you apply what you have learned in real life situations. In addition to teaching clients, you will demonstrate your knowledge at an exit interview.

## **Required Reading**

*Pilates' Return to Life Through Contrology*, Joseph H. Pilates

*The Pilates Method of Physical and Mental Conditioning*, Philip Friedman

*Pilates Pregnancy Guide: Optimum Health and Fitness for Every Stage of Your Pregnancy*, Lynne Robinson

*Anatomy of Movement*, Blandine-Calais-Germain

*The Pilates Body*, Brooke Siler

*Anatomy Coloring Book, The (3<sup>rd</sup> Edition)*, Wynn Kapit & Lawrence M. Elson

## **Tuition / Payment**

Total cost for this program	\$3,800
(includes pre-cert)	
Pre-Certification/Deposit	\$500, due by March 1 <sup>st</sup> to secure your space
Payment Plan	\$685 due each Friday of Weekends I thru V (reflects \$25 processing fee/per payment)
Full Advance Payment	\$3,400 (reflects 10% savings), Due by March 1 <sup>st</sup>

### **Tuition cost includes:**

- Pre-certification Weekend trainings
- Weekend Seminars
- Training Manual, handouts
- Written Exam & Practical Test-out/Exit Interview
- Studio privileges for apprenticeship & personal practice
- (1) "Guinea Pig" (see Apprenticeship details)
- Unlimited Mat classes

### **Tuition cost does not include:**

- Private, duet or group equipment sessions with certified instructors
- Professional Liability Insurance
- Re-testing fees (if applicable)
- Lost Manuals (Training Manual & Exercise Manuals, up to \$300 to replace all)
- Required Private sessions prior to Program commencement
- 10 private sessions with Senior level instructor during course)
- Required reading (listed above)
- CPR Training fees (if applicable)

### **Apprenticeship / Practice Teaching**

You will each be able to have (1) 'guinea pig'. Core Essentials waives the normal studio fee of \$25/per private session. Upon test-out, your 'guinea pig' will be responsible for a studio fee in amount of \$25 per session provided he/she wants to continue Pilates lessons with you.

The rate for the sessions you teach will be \$25 until you have completed an *average* of 45 teaching hours. Until you have taught an average of 45 hours (depending on individual and/or what is acceptable to studio owner) you will not receive payment for those teaching hours. Once you have completed these hours, your rate for your sessions will be \$35, of which you will receive \$10 per session you teach until Test-out.

Once you have completed test-out, you may be invited to join the Core Essentials staff, however, completion of this program does not guarantee an instructor position at Core Essentials Pilates. All instructors that work for Core Essentials are employees and are paid on a percentage basis according to skill/experience, etc.

### **Student Discounts**

As a student, you will receive a 15% discount on all Pilates, Far-infrared sauna, Prana clothing at Core Essentials' studios.