

# EQUINOX PILATES INSTITUTE: PROGRAM FORMAT & CURRICULUM

## WHAT IS PILATES?

Pilates is a vigorous full body work out that strengthens and stretches simultaneously, making it an extremely efficient practice. Core strength is the foundation of Pilates exercises, while the focus is on quality of movement rather than the amount of reps performed or weights lifted. The result is an intelligent workout that creates a functional body. By working the body evenly, no muscles are ever over or under-trained, which helps correct muscle imbalances and prevents future injuries. Other benefits include improved posture, coordination, strength and flexibility. It was originally called Contrology and created by a man named Joseph Pilates.

## PILATES EDUCATION OVERVIEW

The Equinox Pilates Training Institute offers both a Mat Pilates Certificate Course and a Comprehensive Pilates Training Program. The teacher training creates Equinox-standard teachers of the Pilates Method who have lasting, positive impacts on students' lives. The program brings empowerment, progressive thought and a contemporary fitness twist to classically-focused teacher training in the Pilates Method.

## COURSE OPTIONS

### **MAT CERTIFICATE COURSE:**

- Learn to teach 24 classical Pilates mat exercises with progressive influences.
- Develop a confident and personal teaching style, effective cueing, techniques and skills to create a successful group fitness class.
- Time commitment for the course is one 3-day weekend seminar + test out the following Saturday
- Receive a Pilates Mat Certificate at completion of course and corresponding exam.

### **COMPREHENSIVE COURSE (INCLUDES MAT CERTIFICATE COURSE):**

- Learn to teach over 150 Pilates exercises on the Reformer, Cadillac, Mat, Chairs, Barrels, and Pedi-Pole.
- Learn effective cueing techniques, practical anatomy, vocal training, business skills
- Time commitment for the course is 6 months up to one year
- Includes six interactive 3-day weekend seminars and 450 student hours (observation, self practice and practice teaching ) in our Equinox studios
- Receive on-going coaching from our teacher trainers throughout the program
- At completion of program and corresponding exams, receive your Comprehensive Pilates Training Certificate.
- Eligible to sit for the PMA Certification Exam

## **TOPICS OF STUDY**

**CLASSICAL PILATES**—Students will thoroughly learn the comprehensive repertoire, beginner through advanced level exercises, including how to make them suitable for any individual. Our program follows the method that Joseph Pilates originally created while applying modern fitness knowledge to this system.

**TEACHING SKILLS**—Students will develop a confident and personal teaching style, effective cueing techniques and powerful client communication skills.

**CAREER SKILLS**—Students will learn how to succeed as a Pilates instructor, how to build a business, and how to maintain that business and client base.

**GROUP FITNESS**—Students will learn how to successfully apply Pilates to the group fitness arena by learning how to create the appropriate atmosphere and content for an exciting, dynamic group fitness class.

**INTEGRATIVE ANATOMY**—Students will learn in-depth biomechanics and anatomy, how it pertains to Pilates, and how to appropriately handle special cases and injuries.

**VOICE**—Students will learn vocal skills specifically directed to the Pilates professional.

## **SEMINAR WEEKEND DETAILS**

Mat Certificate Course: Module 1

Comprehensive Course: Modules 1-5

MODULE 1: Mat Certificate + Group Fitness Skills

MODULE 2: Beginner System and Teaching Skills + Anatomy 1 +  
Voice Training 1

MODULE 3: Intermediate System and Teaching Skills + Anatomy 2 +  
Voice Training 2

MODULE 4: Advanced System and Teaching Skills

MODULE 5: Business Skills + Anatomy 3 + Voice Training 3

150 total seminar/classroom hours

## **STUDENT HOUR DETAILS**

Begin student hours following Module 2 weekend and complete 450 hours within 1 year (average of 12-15 hours per week). Student hours consist of observation, self practice, and practice teaching in designated Equinox Pilates Studios with guidance from our teacher trainers.

## **EXAMS**

Practical, written, and performance exams are required at certain hour marks throughout the program. Exams include the Mat Certificate Exam, 100 hour Exam (Beginner Level teaching skills), 300 hour exam (Intermediate Level teaching skills), and final 450 hour Exam (advanced level teaching skills).

## **YOUR PILATES CAREER**

Upon successful completion of the 300 hour (intermediate level) exam, students are eligible to interview for instructor positions at Equinox Pilates Studios and begin teaching prior to program completion. Hours spent teaching at Equinox count toward required student hours, and completion of the program is mandatory to maintain employment at Equinox. When you have successfully passed the final exam, you will receive your comprehensive Pilates certificate and are eligible to sit for the Pilates Method Alliance National Certification Exam.

## **TUITION**

### **MAT CERTIFICATE COURSE:**

\$575 due in full one week prior to program start date.

### **COMPREHENSIVE COURSE (INCLUDES MAT CERTIFICATE COURSE):**

\$6940 - \$500 deposit, remainder due in full one week prior to program start date.

\*Prices are all-inclusive except for mandatory weekly Pilates sessions – see FAQs for more details.

\*Payment plan information available upon request.