

## FAQs

### **What is Pilates Teacher Training at Equinox?**

We offer two different courses of study: the Mat Certificate Course and the Comprehensive Training Program.

The Mat Certificate course is a weekend training that gives you the skills necessary to teach an engaging, safe and fun group fitness-style Pilates mat class. The Comprehensive Training is a complete Pilates education and includes in-depth study of the Pilates Method, anatomy, sequencing, teaching skills, voice training and business development.

Both programs offer a dynamic, integrative approach to the art of teaching and practicing Pilates, founded in the Equinox philosophy that Pilates is a workout encompassing strength, power and agility to assist clients in achieving their fitness goals.

This teacher training is suitable for anyone interested in delving deeper into their Pilates practice or for those who seek to become Pilates instructors. Drawing together world-class Pilates instructors from across the country, this multi-faceted training gives trainees the opportunity to learn from the best of the best.

### **What is PMA?**

The Pilates Method Alliance® (PMA®) is the international, not-for-profit, professional association dedicated to the teachings of Joseph H. and Clara Pilates. The PMA Certification Exam is the only actual Pilates Certification in the country. In order to sit for the PMA Exam, you must have completed a comprehensive Pilates training course such as ours. This training will prepare you for the PMA Exam.

### **Who is teaching the training and what are their qualifications?**

Led by Equinox faculty, Equinox Pilates Teacher Training offers exposure to an incredibly talented and diverse group of teachers to help you launch a successful Pilates career. Our main curriculum was developed by Carrie Macy Samper, National Pilates Training Manager at Equinox. Anatomy curriculum by Maura Barclay, CPT, RYT, and voice curriculum by Margaret Kemp, Professor of Voice and Movement, Pomona College.

### **What is included in the curriculum of this training?**

The training is broken into five different modules. Each module requires a set number of student hours, which include teaching others, personal practice, and observation. Candidates may choose to take Module 1 (Mat Certificate course) on its own or Modules 1-5 as a unit (Comprehensive program).

Our curriculum includes the following elements:

- CLASSICAL PILATES:** Students will thoroughly learn the comprehensive repertoire, from beginning to advanced-level exercises, including how to make the practice 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, learning how to build a business, maintain that business and retain clients.

•**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.

### **What is included in the price of teacher training?**

Your tuition for the Comprehensive program covers all weekend seminars with your lead instructors, student meetings, 450 student practice hours, a comprehensive manual, and access to a network of resources to further your personal development, professional growth, education and teaching career. Mat Certificate tuition covers the weekend seminar and test out, a mat Pilates manual, and time for practice teaching.

Not included in the tuition price:

Comprehensive Training Package: \$1,779 - \$3,432\*

\*These are mandatory weekly sessions for comprehensive students, and price depends on whether you take semi-private, duet, or private sessions. Students receive a 40% discount off regular session prices.

### **I have only been practicing Pilates for a short time. Can I still attend the Pilates Teacher Training at Equinox?**

While it is recommended that you have been practicing Pilates for at least one year (or 20+ classes) to begin the Comprehensive Training and at least 10 group mat classes for the Mat Certificate course, anyone with the desire to learn is invited to attend the trainings. Everyone is welcome to deepen their involvement with this amazing practice no matter what the experience level.

### **Will I be qualified to teach at the end of the Pilates Teacher Training at Equinox?**

Yes! Once all classroom hours, apprentice hours, homework assignments, and exams are completed you will be ready to teach Pilates sessions. You are eligible to seek employment anywhere, not just at Equinox. Also, following completion of the comprehensive program, you will be eligible to register for the Pilates Method Alliance (PMA) exam to become a certified Pilates instructor. One of the benefits of training at Equinox is that after successful completion of the intermediate material and exam, you are eligible to interview for employment at an Equinox studio as a student teacher.

### **What if I know I cannot make one or more of the weekend sessions from the schedule?**

Any missed sessions or requirements must be completed before you receive your certificate of completion. Missed sessions must be made up during private sessions with your teacher trainers at the rate of \$150/hour (US), \$150/hour (Canada), 150GBP (UK).

**How many students enroll in each training, on average? What is the typical age range of participants?**

Each Mat Certificate course ranges from 8 - 30 participants, and each Comprehensive training course has between 5 and 10 participants. We have students from ages 18 and up from all walks of life!

**What if I want to teach at Equinox or Pure Yoga after the training is completed?**

The comprehensive program and mat certificate course will prepare you to teach anywhere. Upon successful completion of your intermediate test out, you can apply for positions at Equinox. Completion of the training is great preparation for working at these world-class facilities, but it is not a guarantee of future employment with either Equinox or Pure Yoga. Use your time during the training to form a network with your teacher trainers and fellow trainees to begin to develop your business relationships for your future teaching path.

**Are books and training materials included in the price of the teacher training?**

A comprehensive and detailed manual is included in your tuition price. Additional readings and textbooks are not included in the tuition price and will be your responsibility. Comprehensive students will be required to read 'Return to Life' by Joseph H. Pilates and also must have a copy of 'Trail Guide to the Body'.

**How much does the program cost?**

Mat Certificate Course (Module 1): \$575 (US), \$650 (CAN), 575GBP (UK)

Comprehensive Program (Modules 1-5)\*: \$6940 (US), \$7800 (CAN), 6940GBP (UK)

\*includes Mat Certificate Course

Beginner Level Apparatus Exercises

Intermediate Level Apparatus Exercises Advanced Level Apparatus Exercises

Injuries/Special Populations

Integrated Anatomy

Business Skills

Voice Skills

All manuals

All test-outs

Additional Fees:

Comprehensive Training Package: ranges in price from \$1,779 - \$3,432 (depending on if sessions are semi-private, duet or private). If you enroll in the comprehensive program, we require at least 1 session/week with a teacher trainer. This cost is in addition to the course tuition.

**How long will it take me to finish the program?**

Students must finish the program between six months and one year if they enroll in the comprehensive course (all five modules), depending on how long it takes the student to complete the 450 student hours. Students will finish the Mat Certificate course in 10 days.

**How many hours per week of student hours do I need to do?**

For the Comprehensive Program, we recommend students complete between 10 and 20 hours weekly. This includes personal practice, observation, and practice teaching others. The required 450 hours will be finished in six months if students complete 20 hours per week, and the hours will be finished in 12 months if students complete 10 hours per week.

**Can I just get trained in mat?**

Yes, students wishing to learn to teach an open level mat class should only enroll in module 1.

**Does the full program include training on all the apparatus?**

The Comprehensive program includes training on the Mat, Reformer, Wunda Chair, High Chair, Cadillac, Ped-o-pull, and Barrels.