

## COURSES

**TEACHER TRAINING** Prerequisites: At least 30 hours of previous mat and equipment work with a certified Pilates Trainer, prior to applying for the course. A current CPR certification. A basic understanding of Human Anatomy, Kinesiology and Biomechanics. Cost: \$2,595, Materials: \$200

**MAKING SENSE OF PILATES** A 36-hour course breaking down the classic Pilates Mat Exercises from the modified to advanced versions. Cost: \$545, Materials: \$50

**PILATES FLOW** A 20-hour course for intermediate and advanced mat work presenting a class format that challenges the student to move from one exercise to the next in a coordinated fashion. Cost: \$345, Materials: \$50

**BOSATES®** A 40-hour course covering therapeutic exercises on the Bosu® that enhance the repertoire of pilates based exercises by adding the challenge of an unstable surface. The Bosu®, an acronym for "both sides up", can be used with the platform side up or down for different types of balance challenges. This course is done on both the mat and equipment. Cost: \$645, Materials: \$75

**BODY MECHANICS FOR INSTRUCTORS** This 20-hour course teaches the instructor the use of correct body mechanics while they are instructing, ensuring a long and healthy career. Cost: \$345, Materials: \$50

**PILATES FOR CHILDREN** This 20-hour course will teach physical fitness for children using Pilates Mat Exercises. This course is ideal for PE instructors and school teachers. Cost: \$345, Materials: \$50

**GAIT AND MOVEMENT ANALYSIS** This 20-hour course covers basic assessment of gait, normal walking patterns, posture types, common faulty movement patterns, and the Pilates exercises associated with them. Cost: \$495, Materials: \$50

**COURSE APPLICATION** Administrative Fee: A \$50 non-refundable deposit will be added to all course fees. Course Cancellation: TEAM Pilates reserves the right to cancel any course due to lack of enrollment. 100% of the course fees will be refunded. Student Cancellation: 4-weeks prior to the course, 100% of the course fees will be refunded. 3-weeks prior to the course, 75% of the course fees will be refunded. 2-weeks prior to the course, 50% of the course fees will be refunded. No refunds will be given the week of the course. To apply for a course, call 406-799-6560.



## OUR PHILOSOPHY

TEAM Pilates believes that due to the rapid increase of interest in the Pilates Method over the past ten years, it is crucial that the industry continually examine the professional standards set forth by its members. The main focus of TEAM Pilates is to educate our students on the Pilates Method according to the teachings of Joseph and Clara Pilates.

## WHAT CAN PILATES DO FOR YOU?

Dramatically improve your fitness by teaching you how to use your core strength, allowing you to move in a more efficient and healthy way.

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Analyze and correct your movement patterns and habits.

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Ease the pressure on your lower back, hips, shoulders and knees.

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[www.team-pilates.com](http://www.team-pilates.com) p/ 406 799 6560 f/ 816 841 2822

## TEAM PILATES®

**COURSES** TEAM Pilates offers teacher trainings and continuing education courses that are continually updated according to the current knowledge of the body in such areas of study as Anatomy, Kinesiology, Biomechanics and Psychology. Our courses are reevaluated and rewritten as the industry changes. Our employees are required to undergo a continuing education Employee Seminar every two years to update their knowledge on the course materials and the Pilates Industry, keeping them up to date and on the cutting edge.

**ROLE DELINEATION PANEL** Our Role Delineation Panel is a group of experts in their respective fields. The purpose of the panel is to advise TEAM Pilates on course content, examination questions and processes and other areas related to course offerings, material validity and quality of instruction.

## CONTINUING EDUCATION COURSES

**DEFINITION** TEAM Pilates offers continuing education courses to give qualified professionals a venue to expand their knowledge base in the field of Pilates. There are also courses designed for the Pilates Novice in order to give them a basic understanding and introduction to the Pilates Method of exercise.

**COURSE CONSTRUCTION** Courses are offered in lecture, group practice, practice teaching and demonstration form.

**CONTINUING EDUCATION CREDITS (CECs)** TEAM Pilates training may be used for CECs with other organizations in the fitness industry. The following is a list of a few participating organizations: AFAA, PILATES METHOD ALLIANCE, and ACE.

## TEACHER TRAINING

**PURPOSE** To offer quality education in the Pilates Method. The Teacher Training course will cover exercises on both Pilates Mat and the Equipment, giving the student a basic understanding of Joseph Pilates' original work. The Teacher Training course will prepare the student for the Pilates Method Alliance (PMA) National Board Examination.

**JOB DESCRIPTION** A Certified Pilates Trainer (CPT)® is responsible for teaching the Pilates Method of exercise to both healthy clients and individuals who may require a medical clearance. The CPT® may work in a Private Pilates Studio, Physical Therapy Clinic or Fitness Center. The CPT® should be proficient in all Mat and Equipment exercises developed by Joseph and Clara Pilates.

**PREREQUISITES** At least 30 hours of previous Mat and Equipment work with a certified Pilates Trainer prior to applying for the course. A current CPR certification. A basic understanding of Human Anatomy, Kinesiology and Biomechanics. Ideally, the candidate will have completed a college level course in one or all of these areas.

**COST** Teacher Trainer Course: \$2595.00, Materials: \$200.00 (Course Manual, Teacher Training Pilates Mat DVD, Teacher Training Equipment DVD), Administrative Fee: \$50 (Non-refundable deposit).

**COURSE LENGTH** Phase 1 of the course will take one year to complete (unless taking an intensive). The candidate is to complete Phase 2 and 3 on their own. All 3 phases should be completed within 2 years. All hour requirements must be met and documented prior to applying for the PMA National Certification Exam.

## COURSE LAYOUT

### PHASE 1-LECTURE OBSERVATION AND DEMONSTRATION

This phase is done with a TEAM Pilates Teacher Trainer and will include lecture, observation, practice and demonstration of the Pilates Mat and Equipment exercises. (200 hours)

**PHASE 2-SELF PRACTICE** This phase is done on the students own time and must be completed prior to application for the PMA National Certification Exam. (100 hours)

**PHASE 3-STUDENT TEACHING** This phase will be done both with observation from a Teacher Trainer and on the students own time. The student teaching hours are when the student will begin to work hands on with clients for a nominal fee to the client. (175 hours)