



B E C O M E A CERTIFIED POWER PILATES INSTRUCTOR

THE WORLDWIDE LEADER IN CLASSICAL PILATES EDUCATION



www.powerpilates.com

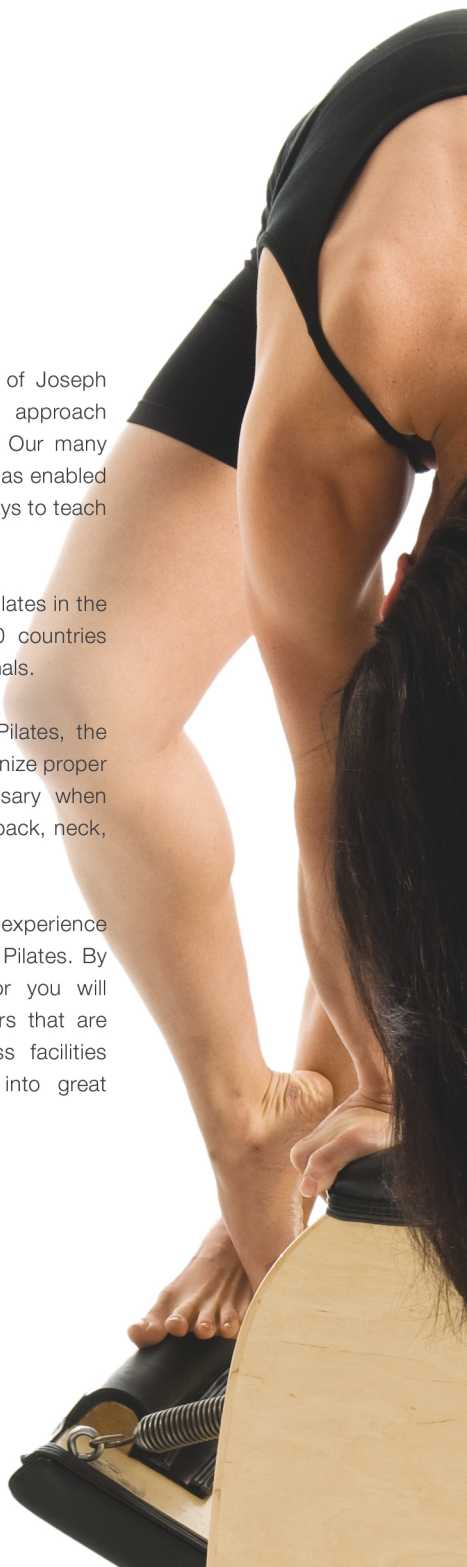
WHY POWER PILATES?

Power Pilates believes in the classical teachings of Joseph Pilates, following the systematic, integrative approach developed by his protégé Romana Kryzanowska. Our many years of experience teaching clients and teachers has enabled us to understand why Pilates works, the optimal ways to teach and how to successfully train teachers.

Power Pilates is the leading educator of classical Pilates in the world, with over 100 training centers in over 10 countries supported by more than 15,000 certified professionals.

Our programs provide a deep understanding of Pilates, the specifics of a balanced workout, the ability to recognize proper body mechanics and apply modifications necessary when working with special case clients (individuals with back, neck, knee and shoulder impairments or chronic pain).

We provide our students with an enriching learning experience and the most thorough preparation for a career in Pilates. By choosing to become a Power Pilates instructor you will become part of a global community of instructors that are sought after at conferences, studios and fitness facilities worldwide. Power Pilates transforms students into great teachers, and teacher into leaders.



BECOMING A PILATES INSTRUCTOR

Finding a career that's both rewarding and high paying is rare and those that exist tend to take years of schooling. With Power Pilates you will be on your way to a meaningful career after the very first 3-day program.

Make your own hours, learn how to market yourself, and make connections that will last a lifetime. Income varies depending on location in world, city or country, studio, gym or private session as well as years of experience. Power Pilates will guide you during your time in the program and provide you with the tools you need to keep your craft current after you complete your training.

HERE IS A SNAP SHOT OF AVERAGE INCOME FOR PILATES TEACHERS

USA	HOURLY PAY RATE	ANNUAL SALARY
	\$20.00 - \$37.00	\$48,193 - \$95,000

THE 5 KEYS TO HAVING A SUCCESSFUL CAREER AS A PILATES TEACHER ARE:

1. Sensitivity – Understanding how each movement effects the body.
2. Education – Having a strong knowledge of all the equipment and exercises and how they impact each individuals body.
3. Versatility – Knowing how to work with clients of all fitness levels.
4. Personality – Caring about the success of your clients, being engaging and inspiring while having fun.
5. Leadership - Articulate the exercise instead of demonstrating so you can teach more people for a longer period of time.

Instructors must also be willing to train or coach new or junior pilates instructors.

WHAT IS PILATES?



Joseph Pilates created the exercise system Pilates (puh-lah-teez) almost 90 years ago. Pilates worked with the military, boxers and dancers. Students of the method build strength and develop control and endurance in the body. The exercise system uses the body weight and equipment springs for resistance engaging virtually your whole body in a given session.

At Power Pilates, we are a classical Pilates teacher training program, meaning that we teach the work as Joseph Pilates, the inventor of the exercises and equipment, intended it to be taught, and as he passed it on to his protege, Romana Kryzanowska. Here's a brief rundown on the equipment in a Pilates studio. This will help familiarize you with the apparatus used in a private Pilates session.

REFORMER



The reformer is the second piece of exercise equipment that Joe invented. A rectangle cushion board or carriage moves on wheels back and forth inside a larger frame. The movements executed on the reformer both push and pull the body on the carriage using the springs for resistance. Straps are placed in hands or on feet, the performer may sit, lay on back or stomach or on a raised box. Most private lessons start on the reformer.

MAT

The mat is softer than a yoga mat to support the delicate boney areas of the body on the hard floor surface. Exercises are performed in a progression from lying down, to sitting, to standing. Each movement is initiated from the “core” and many of the exercises use breath to engage the core. The exercises on the Mat are often considered the hardest. They are also the most popular because they can be performed virtually anywhere.



CADILLAC

The cadillac was named as a joke by a client when unveiled, as the newest piece of equipment Joe was adding to his arsenal. It resembles a four poster canopy bed with springs and a trapeze. Clients start with exercises focused on core connection increasing strength and flexibility. They progress to acrobatic exercises hanging upside down from the trapeze and pulling the body up on the bars.



CHAIRS

ARM CHAIR /HIGH CHAIR/WUNDA CHAIR

Developed in 1945 as one of the first pieces of equipment Joe added spring resistance to. The chairs with springs attached to a pedal convert from exercise equipment to furniture for at home use. The chairs work the 4 S's of Pilates: strength, stability, stretch, and stamina.





BARRELS

LADDER BARREL, SPINE CORRECTOR, SMALL BARREL

The story of the barrels is that Joe, an avid beer drinker, designed the first barrel from a barrel of beer. The rounded barrels of today are cushioned to support the flexion and extension of the spine with gravity.

PEDI POLE

Reserved for advanced clients, all exercises are performed standing on a platform pulling springs from overhead which are suspended on a pole resembling a T shape. It challenges balance, improve posture, and strengthen alignment.



WHAT OUR STUDENTS SAY

"Pilates has led me on a journey of discovery... the discovery of a new passion, a passion for learning and teaching. Power Pilates has provided me with the teaching tools necessary to be a compassionate and confident instructor."

- *Christina A.*

"The weekend training was amazing! You all shared a wealth of knowledge in a wonderfully supportive environment, and I left feeling completely charged up and inspired."

- *Chantal K.*

"I definitely had a great experience during my training. The instructor was great! She was really positive and took a lot of time to get to know her students and help us along the way... I can't wait to further my education!"

- *Laurel E.*

"My experience was fantastic!! I feel refreshed and excited to get back to my studio and truly TEACH my clients again. Thank you thank you thank you!"

- *Valerie L.*

CERTIFICATION PROGRAMS

CORE MAT I

(3 days totaling 16 hours usually on Fri, Sat and Sun)

The Core Mat I training is the foundation of all of our programs. Every program builds upon the information provided in this course. During this course participants learn the 18 beginner level mat exercises. Core Mat I is accredited by ACE, providing 1.2 CEC's upon completion.

BEFORE THE PROGRAM: Upon course registration you will receive a free Classical Mat workout video. Practice this video at least 10 times to help you experience and memorize the exercise names and Classical order before the start of the course.

EXAM: Complete the take-home written exam and pass the practical evaluation given at the end of the program.

COST: \$650.00 regular price for US programs (\$700 for New York City programs), international pricing varies by location. (Early Bird Discounts are available.)

CORE MAT II

(3 days totaling 16 hours usually on Fri, Sat and Sun)

Learn to teach the 12 Intermediate level exercises, including where to add them within the sequence of the beginner level mat class. Expand the range of clients you can work with and strengthen your teaching ability.

BEFORE THE PROGRAM: Complete Power Pilates Core Mat I training program Memorize the exercise names and Classical order of intermediate exercises (free video provided)

COST: \$650.00 regular price for US programs (\$700 for New York City programs), international pricing varies by location. (Early Bird Discounts are available.)

EXAM: Pass the practical evaluation given at the end of the program.

APPARATUS PROGRAMS

(6-12 months of up to 16 hours a week)

Learn to teach beginner, intermediate and advanced level exercises utilizing Pilates apparatus – mat, reformer, cadillac, chair, barrels, ped-o-pull and the magic circle. Understand how to work with special case clients and master the ability to work with people of all ages and fitness levels at the same time.

BEFORE THE PROGRAM: Complete Core Mat I & II, attend 25 apparatus sessions, complete Basics of Anatomy workshop, and read Joseph Pilates' books Return to Life Through Contrology and Your Health.

EXAM: Complete and pass all exams evaluating teaching clients at all levels.

COST: \$1400 to \$5495 depending on level (includes manual, weekend training, exams)

TRAINING CENTER LOCATIONS

Annapolis, MD	Seattle, WA
Austin, TX	Washington, DC
Boston, MA	Caguas, PR
Brighton, MI	Kuala Lumpur, Malaysia
Chicago, IL	London, England
Charlotte, NC	Malmö, Sweden
Cincinnati, OH	Monterrey, Mexico
Columbus, OH	Petaling Jaya, Malaysia
Colorado Springs, CO	Rincon, PR
Dallas, TX	Seoul, South Korea
Eastsound, WA	Singapore, Singapore
Fort Thomas, FL	Tokyo, Japan
Greensboro, NC	Toronto, Canada
Harvard, MA	Verona, Italy
Indianapolis, IN	Zurich, Switzerland
Long Valley, NJ	<i>and many more...</i>
Nashville, TN	
New Haven, CT	
New Orleans, LA	
New York, NY	
Philadelphia, PA	
Pittsburgh, PA	
Providence, RI	
San Antonio, TX	
San Diego, CA	
San Francisco, CA	
Saratoga Springs, NY	
Scottsdale, AZ	

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