



CORE PILATES

REQUIREMENTS FOR PILATES TEACHER TRAINING:

Name: _____

Address: _____

Mobile _____

Home Phone _____

Email: _____

Core Pilates Prerequisites for Pilates Teacher Training

\$950 (based on individual experience)

10 privates sessions • 5 group classes •
Basic knowledge of Anatomy

ANATOMY: *Required*

MAT Basic TRAINING: *Required Prerequisite* \$675
14 hours

PILATES TEACHER TRAINING

FEES: The Tuition for the training is **\$5500**

BEGINNER TRAINING: Reformer, Cadillac, Barrel and Chair
18 hours

INTERMEDIATE TRAINING: Reformer, Cadillac, Barrel and Chair
18 hours

INTERMEDIATE 2 TRAINING: Reformer, Cadillac, Barrel and Chair
14 hours

SELF PRACTICE, OBSERVATION AND APPRENTICE
400 HOURS (approx. 16 hours a week for 25 weeks)