

**PILATES TECHNIQUE CERTIFICATION**  
**Northern California**  
**Teacher Training Program Packet**

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## **COURSE OUTLINE AND PRICING**

**Location:** Golden Gate Pilates  
3209 Pierce Street  
San Francisco, CA 94123  
TEL: 415-441-6985

**Course:** 8 Months with a Total of 470 Hours  
5 - 10 Hour Level Lectures  
110 Self-Workout hours – 22 per level  
180 Hours of Observation - 36 per level  
110 Hours of Practice Teaching – 22 per level  
20 Hours of Studio Management – 4 per level

**Deadline to Register:** Orientation

**Tuition Fee:** \$5,000.00 to be paid in full upon registration

**Installment Plan:** \$2,300.00 to be paid in full upon registration

Balance to be paid in 4 installments:

\$725.00 Due on Lab 1C

\$725.00 Due on Lab 2C

\$725.00 Due on Lab 3C

\$725.00 Due on Lab 4C

## **PROGRAM OVERVIEW**

Thank you for your interest in the Pilates Technique Certification Course. We are excited that you have chosen to become a Pilates Instructor. And we are excited to teach you all the wonderful things Pilates can do for you.

Our goal is to create intuitive, confident, thinking instructors. Your training will cover the Pilates system as a whole, then broken down into the detailed work of the technique of each exercise and the purpose. You will learn how to progress a client through the system with regards to that particular body. We are going to give you the tools to be able to handle a wide variety of bodies, as every body that comes to Pilates is different. Joseph H. Pilates intended his method to be taught in five different levels, as a system of movement. This teacher-training program is designed with that in mind.

### **FOR EACH OF THE 5 LEVELS:**

A 10-hour lecture, based on the 5 levels of Pilates.

Each lecture will cover all of the exercises on all of the Pilates Apparatus.

Each lecture will cover one of the following topics:

- Basic Principles of Pilates
- The History of Joseph Pilates
- Creating a session for your client
- Safe and appropriate spotting techniques
- Developing an eye for teaching
- Voice Cues and Commands
- Injuries
- Pregnancy and Special needs
- Safety and maintenance on all the equipment

In each lecture, students will be provided with handouts, learning aids, required reading and supplemental reading.

For each level, students will be expected to satisfy the required amounts of hours for observation, practice teach, self-workouts and studio management hours.

For each level, two 2 ½ hour lab sessions. During these labs, you and your fellow trainees will have the opportunity to practice teach and experience the exercises, with an instructor there to answer questions and give critiques.

Students must pass an oral exam before progressing to the next level. Notes will be given to students after each oral exam, to enhance their understanding regarding their teacher techniques.

Students will be awarded a certificate for each passed level once the level hours have been completed.

Students will be awarded a certificate of completion once the total prescribed hours are finished and the final written exam is complete.

There are also:

Two 4-hour anatomy lectures, given by our resident Physical Therapist. This is to ensure that students develop a keen understanding of human Anatomy, Kinesiology and Physiology. The students will learn the relationship of the skeleton, muscles, nerves and joints to movement, Q and A regarding injuries and Pilates movements and, how the body functions during specific Pilates exercises.

A 3 hour lecture -“The Business Side of Pilates” dealing with topics ranging from scheduling sessions to paying taxes. How to open your own studio, commercially or in your home will be discussed. How to market yourself as a Pilates instructor as well as all the information you need to have a successful career in Pilates.

Each student will be required to complete a minimum of 420 hours of study in addition to the Pilates Lectures and Labs. (Total hours including Lectures and Studio Management hours are 470 hours). These hours may be completed at other studios with Program Director approval.

The breakdown of hours is as follows:

22 Practice Teach Hours per level	110 hours
22 Self- Workout Hours per level	110 hours

36 Observation Hours per level	180 hours
80 hours per level	400 hours total

In addition, you will be required to complete 20 hours of Studio Management hours before completing the course.

You must complete at least 44 hours of the minimum 80 hours per level before moving on to the next level. It is best to try to complete the 80 hours per level if you can, so that when you take your final exam, you will be completely done with the program. We know that it is tough to meet these rigorous requirements, especially if you work. Here is a sample schedule for a person who works 9 to 5, so that you can see how it can be done:

Mon: 6pm-8pm – one hour practice teach, one-hour self-workout.

Tues.: 6pm-8pm- 2 hours of observation

Weds: 6pm-8pm – one-hour practice teach, one-hour self-workout

Thurs.: 5:30pm-8:30pm - 3 hours of observation

Fri: 6pm-8pm - one hour practice teach, one hour self-workout

Total hours for the week: 11 hours x 6 weeks per level = 66 hours per Level

Saturdays are also very good for completing hours; some students get 5 to 6 hours done in a day. Know that if your hours are not complete by the level 5 exam, there are 2 months to make up hours before the final exam.

Once you have completed the Training Program, you will be eligible to be included on the [www.josephpilates.com](http://www.josephpilates.com) instructor referral list at no cost to you. Here you can advertise your contact information, and where you are currently teaching.

## **THE INSTRUCTORS**

### **Jill Cassady- Program Director**

Jill is recognized as a leading Pilates authority and Pilates instructors throughout Southern California come to her for instruction and advice regarding their own clientele. She was responsible for creating and founding the only teacher training program that combined the leading disciplines from the East Coast, West Coast and Santa Fe Styles of Pilates training. And is proud to make available her Teacher Training program based on the traditional "New York Style" Pilates.

Jill has worked and studied closely with two of the foremost master inheritors of the Pilates method, Romana Kyrzanowska and Ron Fletcher. She has 18 years experience teaching Pilates and is a certified Pilates instructor with a degree in Dance from the University of California, Irvine. As a national competitive gymnast and professional dancer in Manhattan, she has always been involved with and has had a passion for movement. Jill can also be seen giving guest lectures to Pilates instructors at several different locations in the Los Angeles area.

### **Nancy Preimesberger-Senior Instructor**

Nancy has been studying Pilates since 1996, she was certified to teach Pilates by Jill Cassady in 1998, through a program that included several instructors from the Pilates community: Ron Fletcher, Kathy Corey, Jillian Hessel, Rael Isacowitz and Steve Giordano. She has been a part of the Teacher Training program since 2001. Nancy is also an AFAA Certified Personal Trainer and holds a black belt in Tae Kwon Do. She teaches private clients at several studios as well as her home studio.

Nancy has long been interested in movement, dance and sports. She performed in the 1984 Los Angeles Olympic Opening and Closing Ceremonies as part of the field show. She has competed in several inline skate marathons. She loves dance, surfing, cycling (road and mountain) and martial arts.

### **Marie Wittman- Senior Instructor**

Marie has been practicing Pilates since 1998 when she first tried it. Her enthusiasm for the still relatively unknown exercise regime led her to do an apprenticeship and start teaching within the year. She felt there was still more to learn, however, and she researched various

certification programs until she found Jill Cassady. Training one on one with Jill for a span of three years, Marie expanded her knowledge and expertise in classical, New York-style Pilates.

Since 2001 Marie has worked with Jill and Nancy to certify countless Pilates instructors. She draws from a vast and varied background of movement and teaching to educate others in the Pilates method. Through the years, Marie has instructed a diverse clientele, from Olympic ice skaters, Cirque de Soleil performers, actors, and supermodels to expecting moms, working professionals, and teenagers. Her expertise has been sought out for Pilates instructor training programs, workshops and in the creation of teacher training programs in a university and for an aerial fitness program. She has had the opportunity to teach Pilates in many formats and locales. From university classes to private lessons in Paris, France, Marie brings a wealth of knowledge and a passion for teaching to *Pilates Technique Certification* program.

### Amy Geriak

Amy Geriak graduated from UCLA in 1996 and went on to receive her Masters degree in Physical Therapy in 2000. She owns and works in an outpatient physical therapy clinic in West Los Angeles. She became a certified Pilates instructor in 2003 and uses Pilates as part of her physical therapy practice. She loves human anatomy and has been teaching it to Pilates teacher trainees since receiving her certification.

## **PREREQUISITES**

We HIGHLY recommend that you complete 10 to 30 hours of Pilates training before starting our program. If you are studying Pilates elsewhere, you may already have met this recommendation.

If you are unable to spend time familiarizing yourself with the Pilates exercises before starting our program, please speak to one of the Course Facilitators so that you may discuss your personal situation. We will figure out an option for you and course of direction to begin the program. It is our goal to give every person the ability to participate and succeed in our course.

As soon as you register for the course, you may begin your observation hours. This may also help to familiarize you with the Pilates method. And get a jump-start on the hours.

We require a Doctor's note saying that you are physically healthy to do the program.

If you have a pre-existing injury, you may still enroll in the program, but you must tell the Course Facilitators of the program what type of injury you have. This is for your safety, so that the course Facilitators can best modify the movements for your particular body.

## **ADDITIONAL FEES**

The following fees are not included in the tuition price:

### **Insurance**

As a teacher, you will be required to provide your own personal training insurance at a value of \$1,000,000 per occurrence. The average cost for this level of insurance is \$190 a year. While there are many plans available, we recommend C.M. Meiers Company, Inc. ([www.CMMeiers.com](http://www.CMMeiers.com)) They have the most reasonably priced plans around. You are not required to use this particular company, but you must have a certificate of insurance with you at orientation.

### **Books**

*A Pilates Primer, the Millennium Addition*

By Joseph H. Pilates

*The Pilates Method of Physical and Mental Conditioning*

By Friedman and Eisen

*The Anatomy Coloring Book*

By Wynn Kapit/Lawrence M. Elson

*The Anatomy of Movement*

By Blandine C. Germain

**Not require, but helpful:**

*The Concise Book of Muscles*

By Chris Jarney

### **Re-Testing**

In the event of a failure on any of the practical tests, you will need to schedule a re-test with the Program Director or Senior Instructor prior to the next lecture weekend. **The fee for each Level re-test will be \$100.00.** If you fail the written exam, you will have the opportunity to reschedule that as well. **The fee for taking the final exam over will be \$200.**