



LEVEL I 200 HOURS: 80 course contact hours | 120 logged hours

LEVEL I MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days 20 hours	<ul style="list-style-type: none"> • Pilates history • 5-Part Formula for Success • Pilates Fundamentals • Key Concepts • Introductory mat exercises • Mat cueing, transitions, progression 	Workshop: \$599 Materials : \$175 • Level I DVD • Level I/Module 1 Manual: <ol style="list-style-type: none"> 1. Introduction 2. Teaching Pilates 3. Progression 4. Anatomy 5. Mat • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Possess basic knowledge of anatomy and kinesiology. • Complete 20 hours of training: apparatus and classical mat. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 4-6 weeks later.
MODULE 2 2 ½ days 20 hours	<ul style="list-style-type: none"> • Introductory reformer • Reformer cueing, transitions, touch techniques and spotting • Introductory Cadillac, wall and Power Circle • Alignment and touch techniques • Introductory Small Barrel and Ladder Barrel 	Workshop: \$599 Materials: \$100 • Level I/Module 2 Manual: <ol style="list-style-type: none"> 1. Reformer 2. Cadillac/Tower 3. Chair 4. Barrel 5. Endings • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level I/Module 1. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 4-6 weeks later.
MODULE 3 2 ½ days 20 hours	<ul style="list-style-type: none"> • Reformer add-ins • Alignment in different body positions and common errors • Reformer technique, transitions and rhythms • More Ladder Barrel exercises • Session Format Part C workshop • Practice teach full session 	• Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level I/Module 2. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Prepare for assessments in Module 4. • Attend next module 4-6 weeks later.
MODULE 4 2 ½ days 20 hours	<ul style="list-style-type: none"> • Introductory High/Low Chair Exercise • Practice teaching • Technique and teaching feedback • Theoretical review • Assessments on final day: Theoretical Exam (written) Technique Assessment Teaching Assessment 	• Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level I/Module 3. • Complete DVD and reading assignments. • Complete 120 logged hours for Level I. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. Certification: <ul style="list-style-type: none"> • A Peak Pilates Level I Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.

LEVEL II 200 HOURS: 100 prerequisite hours | 40 course contact hours | 60 logged hours

Attend Level II 8-12 weeks after completing Level I

LEVEL II MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days 20 hours	<ul style="list-style-type: none"> • Mat techniques and Level II exercises • Mat transitions • Pilates Fundamentals • Reformer technique and transitions • Reading bodies • Cadillac exercises 	Workshop: \$599 Materials: \$100 • Level II DVD • Level II/Module 1 Manual: <ol style="list-style-type: none"> 1. Teaching Pilates 2. Progression 3. Anatomy 4. Mat 5. Reformer 6. Cadillac/Tower • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Achieve Level I certification. • 100 prerequisite hours: 40 hours personal practice/20 hours observation/40 hours teaching. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 6-8 weeks later.
MODULE 2 2 ½ days 20 hours	<ul style="list-style-type: none"> • Mat techniques • Low Chair Exercises • Spine Corrector exercises • Touch technique • Cueing variations • Group reformer teaching • Case study essay assignment • Assessments on final day: <ul style="list-style-type: none"> Theoretical Exam (written) Technique Assessment Teaching Assessment 	Workshop: \$599 Materials: \$80 • Level II/Module 2 Manual: <ol style="list-style-type: none"> 1. Chair 2. Barrel 3. Endings • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level II/Module 1. • Complete DVD and reading assignments. • Complete 60 logged hours for Level II. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. Certification: <ul style="list-style-type: none"> • A Peak Pilates Level II Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.

LEVEL III 100 HOURS: 40 course contact hours | 60 logged hours

Attend Level III 6 weeks after completing Level II

LEVEL III MODULES	KEY TOPICS	PRICE & MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days 20 hours	<ul style="list-style-type: none"> • New mat and reformer exercises • Practice teach mat full order • Lower body anatomy • Reformer touch technique • New Cadillac exercises • Shapes in space • Signs of readiness 	Workshop: \$599 Materials: \$80 • Level III DVD • Level III/Module 1 Manual: <ol style="list-style-type: none"> 1. Teaching Pilates 2. Progression 3. Anatomy 4. Mat 5. Reformer 6. Cadillac/Tower • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Achieve Level II certification. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 6-8 weeks later.
MODULE 2 2 ½ days 20 hours	<ul style="list-style-type: none"> • New High Chair, Low Chair and barrel exercises • Auxiliary equipment exercises • Jump board • Case studies • Action plans for assessment 	Workshop: \$599 Materials: \$80 • Level III/Module 2 Manual: <ol style="list-style-type: none"> 1. Chair 2. Barrel 3. Endings • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level III/Module 1. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Take final assessment 8 weeks later.
MODULE 3 1 day 6 hours	Final Comprehensive Assessment: <ul style="list-style-type: none"> • Theoretical Exam (written) • Technique Assessment • Teaching Assessment 	Assessment Fee: \$225 • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level III/Module 2. • Complete 60 logged hours for Level III. Certification: <ul style="list-style-type: none"> • A Peak Pilates Comprehensive Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years.