



Level I Bridge Application

The Level I Bridge is an in-depth course of study that builds upon an instructor's existing knowledge and life experience. The course relies heavily on a home study program with podcasts, online presentations, a training manual and videos. Upon completion of the course, the instructor is required to go through an assessment in order to receive their Peak Pilates Level I Comprehensive Instructor Certification.

Minimum Qualificaitons

- Peak Pilates® Level I Reformer Certification (16 hours)
- Peak Pilates® Level I Mat Certification (16 hours)
- Peak Pilates® Level I Tower (8 hours)
- 100 hours of teaching experience
- Certification from a nationally recognized Pilates organization

Applicant Information

Name:			
Home Address:	City:	State/Country:	Zip Code:
Main Telephone No.:	Fax No.:	Cell/Mobile No.:	
Email Address:			
Employer / Company Name:			

Pilates Education History

Please fill in the following chart:

Area of Study	Pilates Organization	Certification Awarded (Y/N)	Course Contact Hours	Required Practice Hours Teaching / Observation	Required Personal Practice Hours
Mat					
Reformer					
Cadillac / Tower					
Chairs					
Barrels					
Other					

Pilates Continuing Education Courses Completed

Name of CEC	Date(s)	Total Hours	Facilitator / Trainer	Pilates Organization

What option are you applying for? Please select one of the options below:

- The Online Level I Bridge Course
- The Live Level I Bridge Course (includes online course work with the 3-day live intensive)

If you are attending the live intensive, please include the studio location below:

Studio Name: _____ City & State: _____

Completing your Application

Please submit the following to bridge@peakpilates.com:

- 1 copy of your completed application
- At least 1 copy of your other Pilates Certifications or trainings
- 1 copy of your current PMA Certification (if applicable)

You must also submit a \$25.00 application fee, which can be paid online using the link below:

<http://peakpilates.com/peak-pilates-bridge-application-fee/>

Note: Your application will not be reviewed until application fee is paid. Please allow two weeks for a complete application review.

If you have any questions about this application process, please contact:

Nikki Boudreux

Phone: 310 740 8812

Fax: 310 823 7408

Email: nboudreaux@peakpilates.com