

Comprehensive Pilates Teacher Training Info Packet

A person is lying on a Pilates reformer machine, performing a leg exercise. They are wearing black leggings and white socks with black stripes at the ankles. Their legs are raised and bent at the knees, with feet flat on the reformer's footplate. Their hands are resting on the reformer's carriage. The background is a dark green wall.

THE WORKSHOP
PILATES

Thank you for your interest in Pilates Teacher Training at The Workshop Pilates in Scottsdale, AZ!

As Pilates teachers and studio owners, we have a deep understanding of the Pilates method, as well as the knowledge to help you achieve your goals as a Pilates professional. We are passionate about what we do and building a future for the industry that is full of excellent teachers.

Whether you are interested in Teacher Training to further your own knowledge of Pilates, or share it with others, we would love to be a part of your journey. If you have any questions that have not been answered in this booklet, please do not hesitate to contact us.



Ariel Schwartz, owner
Jackie Parks, owner

WHAT MAKES OUR PROGRAM DIFFERENT?

We will explore both the classical Pilates repertoire as developed by Joseph Pilates and contemporary movements on the Mat, Reformer, and Cadillac that you may already be familiar with.

Throughout the training, our focus will be on teaching you the mechanics of each movement and the most effective ways to cue your students. You'll learn how to sequence exercises seamlessly, creating well-balanced classes that flow effortlessly. We will also guide you through creating full class plans for Mat, Reformer, and Cadillac classes, equipping you with the skills and confidence to teach in boutique studios, gyms, and beyond.

We believe the best way to learn is through hands-on experience. That's why our program emphasizes active engagement through class observation, personal practice, and practice teaching. You'll have ongoing support from your training team, with access to both virtual and in-person office hours throughout the program.

YOU WILL LEARN

- Foundational Pilates movements
- The classical Mat Pilates repertoire
- Contemporary Mat, Reformer and Cadillac exercises & props
- Sequencing for a Pilates class with guided assistance from the Training Team
- Functional Anatomy
- Verbal and tactile cueing
- Exercise guidelines
- Fundamentals of Pilates – Philosophy, History & Principles
- Professionalism and becoming a Pilates Teacher

INVESTMENT

Cost: \$4500

Early Bird Cost: \$4000 (paid in full)

or

Pay in Full Option - \$4,500

- Deposit - \$500
- Balance Due - \$4000

Payment Plan - \$4750

- Deposit - \$500
- Payment 1 - \$1250
- Payment 2 - \$1000
- Payment 3 - \$1000
- Payment 4 - \$1000

YOU WILL RECIEVE

- Access to online library of lectures and quizzes for one year
- Video library with Foundational Mat Pilates movements and the classical Mat Pilates repertoire
- Mat, Reformer and Cadillac manuals with Pilates exercises including photographs, cues, modifications, and variations
- A discounted unlimited membership for 3 months

SCHEDULE

Pre Course Materials

Online Lectures (self-paced)

Materials sent out prior to training

Classroom Hours

In person classes held at our McCormick Ranch studio on Saturdays from 1-7pm for 8 weeks

- Weekend 1 - 1 to 7pm
- Weekend 2 - 1 to 7pm
- Weekend 3 - 1 to 7pm
- Weekend 4 - 1 to 7pm
- Weekend 5 - 1 to 7pm
- Weekend 6 - 1 to 7pm
- Weekend 7 - 1 to 7pm
- Weekend 8 - 1 to 7pm

HOURS BREAKDOWN

- Virtual Lectures & Quizzes (self-paced) - 50
- In person classroom hours - 60
- Observation - 75
- Self-Practice - 75
- Practice Teaching - 100
- Front desk, community classes & project

Total Hours - 400

HOURS EXPLAINED

In Studio Lecture

- Detailed breakdown of each exercise
- Practice teaching
- Programming and designing classes and privates

Online Lecture and Homework

- History of Pilates
- Pilates Principles / Ethics
- Applicable anatomy
- Exercise guidelines
- Injuries review
- Weekly homework and quizzes

Personal Practice Hours

Practicing in studio or at through online classes at home

Practice Teaching Hours

Teaching each other, family and friends

Observation Hours

Observing our teachers or other certified teachers (in person or online) and taking notes

Project

As part of your Pilates teacher training, you'll have the opportunity to dive deeper into an area of Pilates that interests you most. This project allows you to research, explore, and present a topic of your choice at the end of training — whether it's a specific movement principle, a specialized population, the history of Pilates, or an innovative approach to teaching. You'll share your insights with your peers, fostering discussion and expanding everyone's understanding.

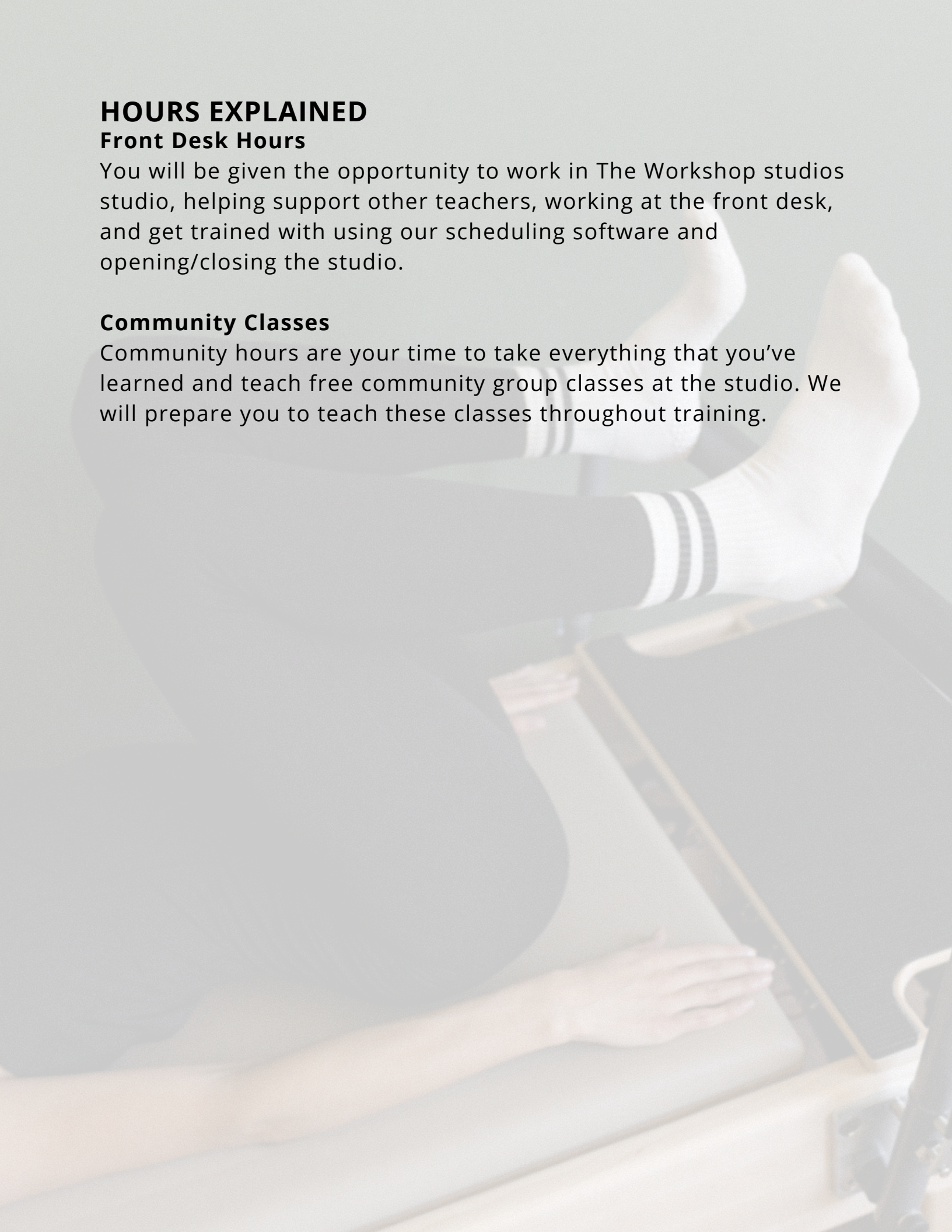
HOURS EXPLAINED

Front Desk Hours

You will be given the opportunity to work in The Workshop studios studio, helping support other teachers, working at the front desk, and get trained with using our scheduling software and opening/closing the studio.

Community Classes

Community hours are your time to take everything that you've learned and teach free community group classes at the studio. We will prepare you to teach these classes throughout training.



TERMS + CONDITIONS

- A non-refundable deposit of \$500 is due upon acceptance to reserve a spot in the course. Once the course has begun, any and all tuition paid is NON-REFUNDABLE.
- If you select to participate in the payment plan, you will receive a contract agreeing to the payment plan dates and amounts that must be executed prior to the first day of training. If due to unforeseen circumstances (illness, emergency, etc) we will transfer payment / enrollment to a future Comprehensive Teacher Training program.
- Any absences will require a make-up session at the cost of \$35 / hour to review any missed materials and make-up any missed quizzes or exams.
- Certificates will be given to trainees upon receiving a passing score on the Final Test Out and completion of all hours.
- Completion of The Workshop Pilates Comprehensive teacher training does not guarantee employment at The Workshop Pilates.