



FIT4FUNCTION PILATES TEACHER TRAINING · SUMMER 2026

Train with a *different* kind of teacher

Where Joseph Pilates's original matwork meets modern-day cueing — helping students and teachers alike move deeper, breathe better, and truly feel their body from the inside out. Movement made easy. Small group. Deep work. Real results.

📅 Weekend 1: July 10-12

📅 Weekend 2: Aug 1-3

📍 Delmar, NY

[View Programs & Register](#)

[Meet Karly](#)

SCROLL TO EXPLORE

WHY FIT4FUNCTION

A lens most instructors *never develop*

Most Pilates training programs teach the exercises. Few teach you to **see inside the body** — and truly embody the Classical work of Joseph Pilates — to understand the fascial web, how healthy lymphatic flow eases movement, the automatic firing of the deep core, or the way oral posture and optimizing breath and airway shapes everything downstream.

Karly Merrill has spent equal time as a **manual therapist and a movement specialist**, teaching Pilates. That dual lens changes everything about how she teaches cueing, breathwork, pelvic floor activation, and postural stability.

While you will walk away confidently moving through 20 of Joseph Pilates's 34 classical mat exercises, as a teacher you will learn to cue every body with confidence — inviting movement rather than forcing it. And that will change your clients' lives. I am so excited to share the gift of Pilates with you!

Karly's Expertise Includes

- Nationally Certified Pilates Teacher (NCPT)
- Manual Lymphatic Drainage Certified
- Classically Trained in Pilates (Power Pilates)
- Cueing philosophy deeply influenced by the Postural Restoration Institute & Institute of Physical Art — postural stability, breath

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• Franklin Method® Pelvic Floor & Fascia Trainer

• Trained in Tai Chi, TRX & Restorative Yoga for Pelvic Health (Herman Wallace Institute)

• Airway Evaluation & Treatment Trained (Hobson Institute)

• Functional Movement Screen Certified (SFMA)

CHOOSE YOUR PATH

Three ways to
step in



FULL CERTIFICATION PATHWAY

100-Hour Comprehensive Mat

Beginner through Advanced. Both weekends. The complete teacher pathway.

\$1,900

Paid in full · Payment plans available

✦ Weekends: July 10-12 & Aug 1-3

✦ Learn all 34 exercises in order of Joseph Pilates's Classical Mat system

✦ 12 hours live in-studio training

✦ 6 online self-guided teaching modules

✦ Studio resource library access

✦ Kickoff Zoom: Tues July 7, 8pm

✦ 🎁 Sign up with a friend — you each save \$100

✦ 🎁 Bonus: *Return to Life* by Joseph Pilates

Register Now



BEGINNER CERTIFICATION

50-Hour Beginner Mat

Weekend 1 only. Solid foundations, beginner-level certification.

\$1,050

Paid in full · \$1,100 payment plan

- ✦ Weekend: July 10-12 only
- ✦ Learn 20 exercises in order of Joseph Pilates's Classical Mat system
- ✦ 12 hours live in-studio training
- ✦ 6 online self-guided teaching modules
- ✦ Studio resource library access
- ✦ Kickoff Zoom: Tues July 7, 8pm
- ✦ 🤝 Sign up with a friend — you each save \$100

Register Now



NOT A CERTIFICATION — A DEEP DIVE

Master the Matwork Immersion

🤝 Bring a friend — you each save \$100

\$500

Friday-Saturday · July 10-11 · 10 hours

- ✦ For movers, teachers & curious humans
- ✦ Learn 18 exercises in order of Joseph Pilates's Classical Mat system
- ✦ 10 hours immersive mat training
- ✦ 3 online teaching guides included
- ✦ Printed manual included
- ✦ Pair discount: \$400/person with a friend

Register Now

DATES & TIMES

What to *expect*

Weekend 1 — July 10-12

FRI 7/10 4:00 – 8:00pm

Beginner Mat, Foundations, Anatomy & Principles

SAT 7/11 12:00 – 6:00pm

Beginner Mat continued · Breathing & Core Mechanics · Pelvic Floor Integration

SUN 7/12 12:00 – 6:00pm · Teacher Pathway Only

Cueing lab · Teaching practice · Q&A

📅 Kickoff Zoom Call · Teacher Pathway

Tuesday, July 7 at 8:00pm · 1 hour

Orientation, Q&A, and program overview before the first weekend.

Mat Immersion students are welcome to join!

Weekend 2 — August 1-3

FRI 8/1 4:00 – 8:00pm

50-Hour Beginner Mat Group Practical · Intermediate Mat · Sequencing & Progression

SAT 8/2 12:00 – 6:00pm

Advanced Mat · Cueing Mastery

SUN 8/3 12:00 – 6:00pm

Review of Teaching Principles · Practice Teaching · Business of Pilates

📖 100-Hour Program Note

Students should have 50 hours logged before Weekend 2. You'll have ongoing access to online guides and studio hours between weekends.

🗨️ **Flexibility matters.** Some scheduling flexibility is available, and virtual options can be arranged — reach out to discuss what works for you.

EVERY PROGRAM INCLUDES

You leave with more than *a certificate*



6 Online Teaching Guides

Self-guided modules to support your learning — study at your own pace.



Studio Resource Library

Access to Free Movement Pilates's curated training library and reference materials.



Breath & Core Science

Instruction in breathing mechanics, postural stability, and automatic core activation — woven into every session.



Cueing Mastery

Learn the art of tactile and verbal cueing refined through 20 years of manual therapy and movement work.



Lymphatic & Fascial Lens

Understand the systems beneath the movement — the perspective that separates great instructors from good ones.



NPCP-Aligned Curriculum

Curriculum aligned with the National Pilates Certification Program — giving you a pathway to national credentialing.

PHOTO OF KARLY

YOUR INSTRUCTOR

Karly Merrill,
PT, MSPT, NCPT

Karly is a licensed physical therapist with 23+ years of clinical experience and a Nationally Certified Pilates Teacher since 2016. She has trained in both classical and contemporary Pilates methods — Power Pilates and PHFI — and has spent the last decade layering in expertise in lymphatics, fascia, airway health, pelvic floor, and functional movement.

Her training program, Fit4Function Pilates, was born during the pandemic when she deepened her understanding of breath, core efficiency, and how optimizing those patterns during matwork creates lasting change in the body. She has what she calls "x-ray vision" into the body — the unique dual lens of a movement specialist and a manual therapist.

Licensed PT

NCPT

Lymphatic Drainage

Airway Health

Pelvic Floor

Franklin Method®

Postural Restoration

Tai Chi Certified

READY?

Spots are limited to
8 students

Applications for the 2026 Summer programs are due by June 20,
2026. Don't wait — small cohorts fill quickly.

Register Now

Questions? Call or text 518-275-2644 · www.freemovementpilates.com
5 Becker Terrace, Delmar, NY 12054