



A Classical, Comprehensive Pilates Teacher Training

Our curriculum follows the National Pilates Certification Program (NPCP) guidelines and emphasizes the Pilates fundamentals underlying each exercise, from beginning through advanced. Not only will you learn to teach exercises, but you will also learn to teach bodies, and not just what, but how to teach them. The training is physically vigorous, mentally stimulating, and emotionally challenging. Upon completion of the 12-month program, you will be able to see and understand the particular needs of your clients and be able to apply specific applications of the Pilates Method accordingly.

The teacher training is a progressive, classical, comprehensive program focusing on all apparatus, including Mat, Reformer, Cadillac, Chair, Ped-o-Pull, and Barrels. The Standing Arm Weight Series is also included.

The exercises and Pilates Principles will be taught in 5 weekend modules totaling 90 hours. Each weekend, you will learn exercises on all of the apparatuses specific to the level you are studying. Learning exercises on all of the apparatus will help you thoroughly understand the relationship of the exercises to each other and also the relationship of the exercises to the equipment. In addition to the weekend modules, there will be five 3-hour Anatomy Workshops and six 2.5-hour special programming workshops, covering topics such as: osteoporosis, special populations, pregnancy, teaching with props, how to plan and teach a balanced class, and accessing posture. The workshops are offered in an online learning format so you can complete them at your own pace during the 12-month training. You will also be required to observe, teach, and practice Pilates throughout your training to help you grow as an instructor and a student of the Pilates Method.

Below are the program details including requirements, objective, hours, training schedule and rates. With flexibility in the programming, you can structure your practice teacher training, personal workouts, and observation hours to a schedule that works for you and finish in 12 months or take up to 15 months to complete the program with no extension fees. As a new teacher in training, you will be mentored closely to ensure your growth and progress. If you have any questions about our program, please don't hesitate to ask. We are here to assist and look forward to working with you on your Pilates journey.

Requirement	Hours*
Weekend Training: Levels 1-5	90
Teaching Labs: Levels 1-5	15
Online Anatomy Workshops® (6) (one every 2 months)	18
Online Symposiums (5) (other workshops/seminars)	15
Observation (no more than 30 hours of video) (2-3 hours a week)	110
Personal Workouts (1-2 a week)	75
Classes/Sessions with a qualified teacher trainer	68
In Studio Workouts: Private Lessons - 12 (one private a month)	
In Studio Workouts: Duet Lessons - 6 (one duet every two months)	
In Studio Workouts: Group Apparatus Classes - 35 (approx 3 a month)	
In Studio Workouts: Group Mat Classes - 15 (1-2 monthly)	
Practice Teaching	50
Apprentice Teaching	20
Return to Contrology Book Review	3
Mentorship Meetings with Program Director	5
National Pilates Certification Program (NPCP) Review	5
Comprehensive Assessments on Each Apparatus	15
Apparatus Exams and Review	10
Anatomy Exams and Review	10
Case Study	12
TOTAL PROGRAM HOURS	521

*This is a minimum hour requirement some students may need more in order to build competency

Upon completion of all requirements, a Certificate of Completion as a Pilates Comprehensive Instructor will be awarded to you. You will be qualified to take the National Pilates Certification Program Exam.

PERSONAL SESSIONS – 75 HOURS

Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring Pilates instructor. Personal sessions can include self- practice, classes, and private sessions. You are required to complete a minimum of 12 private sessions, 6 semi-private sessions, and 35 group Reformer and 15 Mat classes. See discounted pricing on Page 5

OBSERVATION HOURS – 110 HOURS

Observation hours include watching experienced instructors teach group or private sessions. Observation is a great way to understand verbal and manual cueing, program sequencing and sharpen your teaching skills. 20 of your hours must be done at the studio. These need to be scheduled in advance by texting, emailing, or calling the studio. Observing at the Studio is no cost to you. If you are affiliated with another studio your observation hours may be completed at your current studio and others of your choice.

PRACTICE TEACHING HOURS – 50 HOURS

Teaching hours include any Pilates teaching with your fellow colleagues, family or friends in or out of the studio. The Studio is open for your teaching use at no additional charge; however, sessions need to be scheduled in advance. Please book your practice session via Whats App message to Jennifer 07401-323238.

You may teach fellow classmates, family and friends at the Studio as long as you provide proof of liability insurance. Student rate is available. The studio must be listed as additional insured on the policy.

Practice teaching at the studio is free of charge and therefore, there is no charge to the students you are teaching. You are not allowed to work with regular studio clientele for your teaching requirement unless hired by the studio to do so. (Special exceptions may apply- Contact the studio to discuss)

APPRENTICE TEACHING – 20 HOURS

Teaching hours include assisting an instructor teaching a class with equipment, helping students in the class; or teaching part or all of a class with the supervision of the instructor. These hours must be completed at the Studio.

SCHEDULING / ATTENDANCE

Please show up for the weekend training on time and ready to work. Since we have a lot of information to cover, we will need all the time we can get. If you miss any part of the weekend training, reviews, or teaching labs, you will be required to pay an additional fee of £50 per hour to make up the time missed.

MANUALS AND VIDEOS FOR TRAINING:

DYID has created a digital manual and produced individual videos of each exercise and other workout videos to support and enhance your learning experience. Prior to your training after your first down payment, you will receive access to the material to allow you to prepare for the program. The Manual and videos are included in the cost of the Comprehensive Teacher Training Program. * **Digital Manual and Exercises are the Intellectual Property of DY Instructor Development Teacher Training Program and are not transferrable to others. If you leave the program before completion or share with anyone not enrolled in the program you will be charged £500 for the cost of the materials.**

COST/ PAYMENT AND CANCELLATION POLICY FOR COMPREHENSIVE PROGRAM

Total cost for Comprehensive Instructor Program is £5500.00 incl. deposit of £350 with application.

Payment Plan for Full Tuition:

A down payment of £350 secures your spot in the program.

The first payment of £750 is due one week prior to weekend 1 and then an installment of £1100 is due one week prior to the beginning of each remaining Training Weekend.

Your tuition will include:

Mentoring and Support from Program Director and School Teachers

- 2 Hour Physical Review of exercises after each level
- Practice Teaching Lab and assessment after each level
- Contrology Book Review and Extensive Review for National Exam

Special Programming Symposiums Examples of topics are:

- Osteoporosis
- Pregnancy
- Power Up with Props
- How to Plan and Organize an Effective Pilates Session
- Special Populations

Anatomy Workshops

- General Anatomy
- Spine and Thorax
- Shoulder and Arm
- Pelvis and Thigh
- Foot and Ankle
- Postural Assessment

Costs included in tuition rates above:

- ☐ NPCP Manual and Return to Contrology book.
- ☐ Test Out Fee
- ☐ Merchandise

Costs NOT included in tuition rates above:

- ☐ Extension Fee of **£500** may apply if you extend the Training beyond the 15 month Limit.
- ☐ Private & Semi -Private Training Lessons, Mat and Apparatus Classes. (see next page for discounted pricing.)
- ☐ **Cancellation Notice:** Should you decide to discontinue the training at any time, a written notice is required to be submitted to the studio. No refunds will be given for any training received prior to your cancellation notice.

Discounted Pricing for Lessons & Classes

Private Sessions with Jennifer - First session will be complimentary.
Subsequent private sessions will be £40. You are responsible for reaching out to Jennifer to set these up.

2026 Session: DATES OF TEACHER TRAINING MODULES

*Weekend times will be the same *

Fridays 4-9 pm
Saturdays 12:00pm-6:30pm
Sundays 12:30pm-7:00pm

Teaching Labs will be held at the Studio 2-3 Sundays after the Weekend Training
on a Sunday afternoon, 1pm to 4pm

Weekend Trainings will be held at The People's Pilates, Newton Mearns, Glasgow G77 6EZ

2026 Session Dates:

Level 1 Weekend Training: January 9,10,11
Level 1 Teaching Lab Sunday Feb 1

Level 2 Weekend Training: February 20, 21, 22
Level 2 Teaching Lab Sunday Mar 15

Level 3 Weekend Training: April 3, 4, 5
Level 3 Teaching Lab Sunday Apr 26

TEST OUT WEEKEND - JUNE - TBD

Level 4 Weekend Training: August 21, 22, 23
Level 4 Teaching Lab Sunday Sep 13

Level 5 Weekend Training: October 9, 10, 11
Level 5 Teaching Lab Sunday Nov 1

TEST OUT WEEKEND - DECEMBER / JANUARY '27 - TBD

BRIDGING INFORMATION

for currently Certified Pilates instructors

- 1) If you currently hold a **Mat Certification** and wish to participate in our program in its entirety, your tuition rate will be reduced to **£4,500** instead of £5,500. This can be paid in increments one week prior to each Training Level, less the £100 deposit. Or in full before the start of the training.
Please see Jennifer for details.
- 2) Alternative Bridging Pricing applies if you have **over 200** hours of Training and a Reformer and/or Mat Certification

Payment will be as follows:

You pay only for the training for the equipment for which you do not currently hold a certification.

Contact Jennifer at info@thepeoplespilates.co.uk to discuss your particular situation.

All Bridging Participants must pay a deposit of £350 to secure their spot in the program and an additional agreed upon rate at the commencement of the training.

The tuition will include all of the components of the Full Comprehensive Program.

AUDITING THE COURSE

Current Instructors of The People's Pilates can audit the program at no charge but will be charged for access to the Defining You Teaching Platform (£250) and additional study materials to complete the NPCP Exam.

SUBMISSION FORM FOR SCHOOL APPROVAL:

NAME _____

TUITION RATE _____

CONTACT INFORMATION:

MOBILE NUMBER: _____

EMAIL ADDRESS: _____

MAILING ADDRESS:

PHYSICAL READINESS:

YEARS OF PILATES EXPERIENCE: _____

INJURIES _____

ISSUES _____

RELEASE OF RISK

X _____ NAME / DATE

