



The **CT CORE CERTIFY** Pilates Teacher Training Program is a 500-hour comprehensive Pilates education program designed for flexibility with a blended learning format, which includes in-person practical training, independent study, and online coursework.

Graduates will receive in-depth instruction on all Pilates apparatus, including:

- Mat
- Reformer
- Jump board
- Springboard
- Cadillac
- Chair
- Ladder Barrel
- Spine Corrector / Arc Barrel
- Props: Pilates Ball, Ring, and Bands

Participants will have one year of access to the CT Fitness Pros studio facility from their first in-studio session. This program equips graduates with the skills necessary to succeed in the Pilates industry, preparing them to sit for the National Pilates Certification Program (NPCP) exam and teach in various settings, including group fitness classes, private training, large gyms, boutique studios, and the expanding network of Pilates studios.

National Pilates Certification Program

The National Pilates Certification Program (NPCP) upholds Joe and Clara Pilates legacy, ensuring that the method continues to promote lifelong health and wellness. It establishes professional competency standards for safe and effective Pilates instruction, awards credentials to qualified instructors, and provides guidelines for continuing education to support ongoing professional development.

General Course Objectives

Participants will learn:

- The CT CORE CERTIFY PILATES Essential Principles and their application to all exercises.
- Comprehensive breakdowns of Beginner, Intermediate, and Advanced exercises, including their goals, muscular focus, and movement sequencing.
- Modifications to accommodate specific alignment issues and individual needs.
- Static Postural Analysis and assessment techniques for program design.
- Exercise layering for effective program progression.
- Strategies for workout composition in both personal and group training settings.
- Techniques for effective communication, observational skills, verbal cueing, and imagery to enhance performance and client motivation.

Comprehensive Matwork & Reformer Training

These modules incorporate functional anatomy, the **CT CORE CERTIFY** Pilates Essential Principles, and their application to Beginner, Intermediate, and Advanced Matwork and Reformer exercises. Conducted over a four-week period, the program teaches students how to design, teach, and modify Pilates classes while integrating small equipment for variety and tailored client needs.

What You Will Learn:

- Functional anatomy (lecture and demonstration format)
- Theory and practice of postural analysis
- Mat & Reformer exercises, including modifications for different body types, postural issues, and conditions
- Workout composition for personal and group training
- Use of Pilates Balls, Fitness Rings, and resistance bands to enhance strength and flexibility
- Effective use of the Reformer for torso stability, strength, joint stability, balance, coordination, and flexibility
- Communication and observational skills
- Verbal cueing and imagery to improve performance and client engagement
- Essential, Intermediate, and Power workout programming
- Exercise layering techniques for progressive training design

Comprehensive Cadillac, Springboard, Chair & Barrels Training

This course prepares instructors to teach Essential, Intermediate, and Advanced exercises using the Cadillac Trapeze Table, Chair, Ladder Barrel, Spine Corrector, and Arc Barrel. It is conducted over four weeks, followed by an additional week of education on Special Populations, Injury, and Adaptation. Upon completion, students will be equipped to develop both personal and circuit training programs for clients with general fitness or athletic conditioning goals.

What You Will Learn:

- Effective use of specialized Pilates equipment to improve stability, strength, flexibility, balance, and coordination
- Dynamic programming in a fully equipped studio setting
- Communication and observational techniques
- Verbal cueing and imagery for client motivation
- Modifications for different body types and postural concerns
- Exercise layering for effective program design
- Cadillac, Chair, and Barrels exercises, plus multiple modifications for client customization

Observation, Practice/Assistant Teaching, and Physical Review

A minimum number of hours is required for observation, practice/assistant teaching, and physical review. These must be completed between instructed sessions at any Pilates facility. Practice logs (written or practical) must be submitted on the exam date. Failure to submit logs within seven days of the last exam component will result in an invalid exam.

Observation

Observation hours can be logged during coursework or after program completion. Hours can be accrued by observing a Certified Instructor teach clients (in person or online) or by watching relevant course videos. 50–80% of observation hours should be completed with a Certified Instructor/Trainer. Permission from the Training Center and/or presenting Instructor must be obtained in advance.

Physical Review

Physical review consists of performing exercises learned in class. This ensures personal mastery before teaching others. It also helps prepare the body for progressively advanced movements. Physical review can be completed by:

- Taking classes with a Certified Instructor/Trainer
- Practicing with relevant course videos
- Training individually or with fellow students
- Joining online Pilates sessions or group classes led by a Certified Instructor
- Attending Live or Online Workshops

Practice / Assistant Teaching

Practice teaching requires instructing the **CT CORE CERTIFY** Pilates repertoire to family, fellow students, friends, or clients. Participants must cue and correct clients throughout a workout. Teaching sessions can be conducted in person or via video conferencing (e.g., Zoom). Assistant teaching sessions include 10-minute segments during a certified instructor's class. The rest of the class, you will assist the instructor for the duration of the class with form spotting, assisting with springs, props, etc.

CT CORE CERTIFY Pilates Teacher Training Program Schedule

105 Hours - Online Learning and Assignments

These hours consist of lectures, assignments, reading, videos, and quizzes. Online hours are self-paced and include:

- **75+ hours of anatomy**, covering directional terms, body planes, movements, and anatomical terminology. This course is done on www.kenhub.com, and compensation is paid to the host site.
- Introduction to the **musculoskeletal system** and an overview of the body's bones and muscles.
- Online and written homework assignments

125 Hours - In-Studio Training (Broken Down by Modules)

In-studio hours are completed in person at the host studio. Number of days is dependent on schedule.

- **We will do our best to accommodate each participant's availability when finalizing the schedule**
- Participant availability will be a key factor in determining the schedule and the number of days.
- The Instructor Trainer will lead deeper discussions on exercise applications.
- Attendance is required for all **In-studio days**. Any missed sessions can be made up with the following program cycle or via a private session (additional cost applies).

80 Hours - Observation

- Begins upon enrollment.
- Hours can be completed by observing studio classes or online Pilates sessions.
- Each hour of observation must be logged using an Observation Form.

95 Hours - Physical Review

- Begins upon enrollment.
- Participants must practice Pilates exercises at home, in classes at Pilates studios, or in private training sessions.
- Fees for studio classes or private training sessions are not included in tuition.

60 Hours - Practice Teaching

- Practice of the module can begin after the completion of each module.
- Participants must /schedule/bring their own client to the studio for hands-on teaching.
- Student liability insurance (approximately \$100/year) is required at this stage.

35 Hours - Assistant Teaching

- Participants assist a Pilates instructor during live classes.
- Responsibilities include:
 - Teach in **10-minute increments**.
 - Adjust equipment, demonstrate form, and refine cueing techniques.
 - Shadow experienced instructors for new insights.

In-Studio Training Modules

Anatomy, Posture & Mat Module

- Pilates and Instruction Overview
- Anatomy for Pilates
- Postural Analysis & Essential Principles
- Class Programming & Choreography
- Beginner Mat Exercises & Repertoire

Mat Module

- Intermediate & Advanced Mat Exercises
- Incorporating Props (Ball, Pilates Ring, Bands)
- Participants will practice teaching assigned Mat exercises.

Reformer Module

- Beginner, Intermediate & Advanced Repertoire
- Jumpboard Routines
- Group Class Programming & Creative Sequencing
- Participants will practice teaching assigned Reformer exercises.

Cadillac / Barrels / Springboard Module

- Beginner, Intermediate & Advanced Repertoire
- Springboard Integration for Group Classes
- Ladder Barrel, Spine Corrector, and Arc Barrel

Chair Module

- Beginner, Intermediate & Advanced Repertoire
- Group Programming & Reformer-Mat Integration
- Participants will practice teaching assigned Chair exercises.

Special Populations/Injuries/Adaptation/Cueing/Programming

- Modifications for Special Populations
- Cueing Techniques for Safety & Effectiveness
- Developing Choreographed Class Plans

Training Breakdown by Apparatus

Anatomy and Mat Foundations: Beginner - Advanced

Total Hours: 150.5

Reformer Foundations: Beginner - Advanced

Total Hours: 175.5

Cadillac/Springboard/Chair/Barrels: Beginner - Advanced

Total Hours: 147.5

Special Populations / Injuries / Programming / Cueing / Adaptation

Total Hours: 31.5

Key Learning Areas:

- *Special Populations & Injury Modifications*
- *Class Programming & Teaching Techniques*
- *Cueing Strategies (Verbal & Physical)*
- *Developing Personalized Class Plans*

Comprehensive Certification Requirements

To earn certification, participants must complete:

- 125 in-studio hours
- 105 hours of anatomy and online coursework
- 80+ hours of observation
- 60+ hours of practice teaching
- 35+ hours of assistant teaching
- 95+ hours of physical review
- Apprenticeship upon completion of In-Studio Hours and Instructor Trainer Approval.

500 total hours + Apprenticeship

Final Notes on Certification Requirements

- A minimum number of observations, practice /assistant teaching, and physical review hours must be completed at a Certified Pilates facility.
- Practice logs must be submitted on the exam date.
- Failure to submit logs will invalidate the exam.

Some students may require additional training before certification. To support this, participants can:

- Take additional classes with Certified Instructors
- Attend approved live and online workshops
- Complete extra practice teaching and physical review hours

By successfully completing the **CT CORE CERTIFY** Pilates Teacher Training Program, participants will be fully equipped to enter the Pilates industry with confidence, competence, and the credentials to build a rewarding career.

Graduate Requirements

Participants must complete all hours, assignments, quizzes, and final exams to graduate. The final step is passing the practical test.

Final Grade Breakdown:

- **50% Final Practical Test-Out**
- **20% Final Written Exam**
- **15% Assignments, Class Participation & Attendance**
- **15% Anatomy Course**

Note: Failure to pass the final exams may result in additional fees for retesting. Tuition includes only one test-out attempt.

Diploma & Certification: Upon completion of all requirements and payment of tuition, participants will receive a **diploma** certifying their readiness to teach.

Mentorship & Instructor Trainer Support: An Instructor Trainer will guide participants throughout the program and assist in preparing for the final practical test-out. Mentorship is a distinguishing feature of the **CT CORE CERTIFY Pilates Teacher Training Program**, ensuring that graduates enter the industry with confidence and expertise.

Certification Costs: Complete Pilates Comprehensive Course: \$4500.00

Deposit due 30 days before the start of the program: \$1500.00

2nd Payment due by the beginning of the Mat Module: \$1500.00

Balance due by the beginning of the Reformer Module: \$1500.00

Anatomy is completed via the website www.kenhub.com. Participants can begin their anatomy before the start of the course. The online course is offered for a separate fee, either monthly or in full. For questions, please contact Core Pilates at gm@corepilatesct.com