

# STUDIO B PILATES/BALANCED BODY

## Teacher Training Catalog

2019



**Amy Beversdorf, MFA**  
**Balanced Body Master Instructor**  
**Certified Pilates Instructor**  
**Certified Movement Analyst**

## TABLE OF CONTENTS

1. GENERAL INFORMATION pg. 3
  - Mission
  - Facilities
  - Program Details
2. ADMISSIONS AND ENTRANCE REQUIREMENTS pg. 4
  - Education Prerequisites
  - Application Process
3. PROGRAM CURRICULUM/PROGRESS TOWARDS COMPLETION pg. 5
  - Mat Instructor Training
    - Curriculum
    - Requirements for Completion
  - Reformer Instructor Training
    - Curriculum and
    - Requirements for Completion
  - Comprehensive Pilates Teacher Training
    - Curriculum
    - Requirements for Completion
4. DESCRIPTION OF REQUIRED STUDENT HOURS pg. 9
5. TEST-OUT/CERTIFICATE OF COMPLETION pg. 10
6. CALENDAR/MODULE SCHEDULE pg. 10
7. TUITION/FEES pg. 11
8. STUDENT RECORDS pg. 12
9. ACADEMIC ISSUES/FAILURE TO SUCCEED pg. 12
10. STUDENT CONDUCT pg.12
11. ATTENDANCE/TARDINESS pg. 12
12. STUDENT FEEDBACK pg. 13
13. CANCELLATIONS AND REFUNDS pg. 13
14. EMPLOYMENT SERVICES pg. 13
15. CERTIFICATION STANDARDS/CONTINUING EDUCATION pg. 13
16. PILATES METHOD ALLIANCE pg. 14
17. BALANCED BODY BRIDGE PROGRAM (ADVANCED STANDING) pg. 14

## 1. GENERAL INFORMATION

### Welcome to STUDIO B PILATES TEACHER TRAINING PROGRAM

#### MISSION STATEMENT:

Studio B Pilates aims to provide a Wisconsin-based facility dedicated to further development and education in the field of mind-body fitness, specializing in Pilates Teacher Training. Partnering with Balanced Body Inc. we are able to offer the most well-known and innovative curriculum of its kind. Our goal is to provide learning opportunities that are stimulating, personal and deeply rooted in the art and science of movement. Teaching from a deep understanding of Pilates and its benefits, we are able to provide our students the tools for a successful career as a Pilates professional.

#### FACILITIES

Studio B Pilates is located in downtown Stevens Point, Wisconsin. We are a full service Pilates studio. We currently have (4) Reformers, (2) Trapeze Tables, (1) Wunda Chair, (1) Exo Chair, (1) Ladder Barrel. Additionally, we have several Pilates Arcs, Pilates Foot Corrector, Pilates Toe Corrector, Magic Circles, Orbits and various small pieces of equipment.

#### About Our Program:

Our Program, like those of other leaders in the Pilates industry, offers an assessment-based certificate of completion, based on the recommendations of the Pilates Method Alliance (PMA).

The Balanced Body Pilates teacher training program is designed to create thoughtful, creative and successful Pilates teachers. Our curriculum emphasizes the principles underlying each exercise. Students of our program receive manuals, which are considered to be some of the best in the industry and for more in depth study, each student also receives an accompanying DVD for each Mat, Reformer and Apparatus module, as well as access to Balanced Body's online co-curricular materials.

Our program is designed in modules, so you can take your first course now and continue your training next week, next month or next year. Each module is self-contained so you can take them as quickly or as slowly as your schedule and budget allow. Modules are scheduled throughout the year and take place primarily during weekends allowing students to continue family commitments while also studying to become a Pilates Teacher. If a student begins their teacher training at Studio B Pilates, it can be completed at any Balanced Body Host Site across the country or around the world. The schedule, pricing and registration are all available on the Balanced Body website at [www.pilates.com](http://www.pilates.com). In addition to our Pilates Instructor training program, Studio B Pilates also offers the continuing education workshop Anatomy in 3D, as well as Balanced Body Barre Instructor Training.

Pilates teacher training at Studio B Pilates is taught by Balanced Body faculty member Amy Beversdorf. Amy holds an MFA in Dance, is a Certified Pilates Instructor and a Graduate Level Certified Movement Analyst. Further information about Ms. Beversdorf is available at [www.pilates.com](http://www.pilates.com), and at [www.studiobpilates.net](http://www.studiobpilates.net).

## **2. ADMISSIONS AND ENTRANCE REQUIREMENTS**

### **EDUCATION PREREQUISITES**

To successfully complete this program it is essential to have some experience with the Pilates repertoire. Therefore the following prerequisites are observed:

#### **Mat Instructor Training:**

- 20 Pilates Mat Classes

#### **Reformer and Comprehensive Instructor Training:**

- 20 Pilates Mat Classes
- 30 Reformer or Apparatus sessions

#### **To fulfill your Anatomy requirement:**

- We offer the Anatomy in 3D workshop. -or-
- Provide proof of college level anatomy course or equivalent

### **REGISTRATION**

Entrance into our courses is determined by completion of prerequisites and on a first come first served basis. Registration is available on the Balanced Body website at [www.pilates.com](http://www.pilates.com). Payment is due at the time of registration.

## **3. PROGRAM OPTIONS**

**(Pilates Mat Instructor, Pilates Reformer Instructor, Pilates Teacher - Comprehensive)**

## **Balanced Body Pilates Mat Instructor:**

### **Modules: Movement Principles, Mat I and Mat II**

The Balanced Body Pilates Mat instructor training includes the complete Pilates Mat repertoire as well as an introduction to the movement principles that make Pilates such a successful exercise program.

Balanced Body Pilates Mat instructor training will empower you to become a successful, creative and transformative Pilates teacher.

### **Our Mat instructor training program includes:**

Exercise instruction in the complete Pilates Mat repertoire

A comprehensive manual consistent with current national standards

Cueing, coaching and teaching tips for clients at different levels of ability

Safety information for teaching older adults, pre- and post-natal women, and clients injuries.

Tips on teaching successful group programs

### **Movement Principles (16 hours)**

This course is the foundation of your Pilates teacher training. The content includes the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher, personal trainer, or movement educator. The course mixes information on how the body works with basic exercises to illustrate the information in movement. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercises.

### **Mat I (16 hours) Pilates & Beginning/Intermediate Exercises, Prerequisites: Movement Principles**

Mat I includes an introduction to the history and principles of Pilates, beginning and most intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors, pre-, and post-natal classes.

### **Mat II (16 hours) Intermediate/Advanced Exercises, Prerequisites: Mat I**

Mat II includes the remaining intermediate and advanced level exercises as well as essential movement principles and training tips for advancing clients to the higher levels. Pilates for sports specific activities are also covered.

## **Balanced Body Pilates Mat Instructor Training Certificate**

### **Requirements for Completion**

To become a fully qualified Balanced Body® Mat Instructor, students must complete the following:

Anatomy (14 hours)

Balanced Body Movement Principles

Balanced Body Mat 1 - Course work, written and practical test (16 hours)

Balanced Body Mat 2 - Course work, written and practical test (16 hours)

25 Mat Personal Sessions and 45 Mat Student Teaching Hours **or**

20 Mat Personal Sessions, 15 observation hours and 35 student teaching hours

Final written and practical test

Total hours for completion of Mat program: 116 hours

Upon completion of all of the requirements, a certificate of completion as a Balanced Body® Mat Instructor will be issued

## **Balanced Body Pilates Reformer Instructor:**

### **Modules: Reformer I, Reformer II, Reformer III**

The Pilates Reformer is an extraordinarily flexible piece of exercise equipment allowing resistance and support for exercises involving every part of the body. Our program gives you a thorough understanding of how to use the Reformer to develop core and extremity strength, stability, flexibility, coordination and balance. The wide range of exercises provides a stimulating workout for clients at any level of ability.

**Our Reformer Instructor training program includes:**

- Exercise instruction in the complete Pilates Reformer repertoire
- A comprehensive manual consistent with current national standards
- Cueing, coaching, safety and teaching tips for clients at different levels of ability
- Guidelines for teaching older adults, pre- and post-natal women, and clients injuries.
- Program design for clients at every level including sports specific lessons.
- Equipment safety and maintenance

**Reformer I (16 hours) Introduction to Reformer & Beginning Exercises**

Prerequisites: Movement Principles and 30 Pilates Reformer classes or private training sessions

Reformer I includes an introduction to the Pilates Reformer including set up and safety, plus beginning exercises, program sequencing and teaching tips for group classes. By the end of the course you will be able to teach a beginning Reformer class or personal training session.

**Reformer II (16 hours) Intermediate Exercises,**

Reformer II includes intermediate exercises and modifications designed for group and individual instruction. Teaching successful classes and sessions to clients at different levels of ability is emphasized. Included are a variety of programs designed to keep your clients inspired.

**Reformer III (14 hours) Advanced Exercises & Sport Specific Programs,**

Reformer III includes advanced exercises plus modifications for sports specific activities, tips for training the advanced client and programs designed for specific sports.

**Balanced Body Pilates Reformer Instructor Training Requirements for Completion:**

- Anatomy (14 hours)
- Balanced Body Movement Principles (16 hours)
- Balanced Body Mat Instructor training or equivalent (32 hours)
- Balanced Body Reformer 1 - Course work, written and practical test (18 hours)
- Balanced Body Reformer 2 - Course work, written and practical test (16 hours)
- Balanced Body Reformer 3 - Course work, written and practical test (14 hours)
- 50 Personal practice hours and 100 Teaching hours **or**
- 30 Reformer personal sessions, 30 observation hours and 90 teaching hours
- Final Test-Out

Total hours for completion for Reformer program: 228 hours

**Balanced Body Pilates Teacher (Comprehensive):**

**Modules: Trapeze Table, Chair, and Barrels**

## **Pre-requisites: Movement Principles, Mat I, Mat II, and Reformer I and II modules**

The Balanced Body Pilates Trapeze Table, Chair, and Barrels program completes the comprehensive Pilates Teacher training program. Included is the complete repertoire on the Trapeze Table/Cadillac/Tower, the Pilates Chair, and Barrels. Completing the additional apparatus training gives you a great variety of tools to use when working with clients and qualifies you to take the national Pilates certification exam. The modules may be offered individually or they may be combined depending on the equipment available at the host studio.

Trapeze Table (18 hours)

Chair (14 hours)

Barrel (6 hours)

## **Our Apparatus Certification program includes:**

Exercise instruction in the complete Pilates Trapeze Table/Cadillac/Tower, Pilates Chair and Barrels is included

A comprehensive manual for each piece of equipment consistent with current national standards

Cueing, coaching, safety and teaching tips for clients at different levels of ability

Program sequences for classes and personal training sessions

Equipment safety and set up

## **Trapeze Table/Cadillac (18 hours)**

Prerequisite: Reformer II or Reformer certification

Provides a thorough introduction to Trapeze Table exercises as well as applications for beginning, post-rehabilitation and advanced clients. This training is appropriate for students working with the Allegro Tower of Power®, Half Trapeze and Wall Tower as well as those working with full Trapeze Tables. Sequencing programs using multiple pieces of equipment are covered as well as equipment set up, safety and maintenance.

## **Pilates Chair (14 hours)**

Prerequisite: Reformer II or Reformer certification

Includes exercises and variations for both the original Wunda chair and the split pedal Combo Chair. The chair is great for doing strengthening work with athletic clients and as an addition to group programming in combination with the Mat. This course includes exercises and programming for both personal training sessions and classes.

## **Pilates Barrels (6 hours)**

Prerequisite: Reformer II or Reformer certification

Includes exercises and variations for the Ladder Barrel, and Step Barrel. The Step Barrel and Ladder Barrel add variety to personal training sessions or classes.

## **Balanced Body Pilates Teacher Training Certificate Requirements for Completion**

To become a fully qualified Balanced Body® Pilates Teacher, students must complete the following requirements, prior to scheduling a final test:

### **Coursework:**

Anatomy (14 hours)  
Movement Principles (16 hours)  
Balanced Body Mat Modules I and II (32 hours)  
Balanced Body Reformer Modules I, II, and III (48 hours)  
Balanced Body Cadillac/Tower (18 hours)  
Balanced Body Chair (14 hours)  
Balanced Body Barrels (6 hours)

**Personal, Observation and Teaching Hours:**

Mat: 25 Mat Personal Sessions and 45 Mat Student Teaching Hours **or**  
20 Mat Personal Sessions, 15 observation hours and 35 student teaching hours.  
(70 total)

Reformer: 50 Personal session hours and 100 Teaching hours **or**  
30 Reformer personal sessions, 30 observation hours and 90 teaching hours.  
(150 total)

Apparatus: 45 Personal session hours and 105 Teaching hours **or**  
35 Personal sessions, 20 observations hours and 95 teaching hours.  
(150 total)

Total hours for completion of full program including anatomy: **502 hours**

Upon completion of all of the requirements, a certificate of completion will be issued and students may apply for and schedule their final test out, more details about this process will be provided in class.

**4. DESCRIPTION OF REQUIRED STUDENT HOURS**

**Personal Sessions**



During your training program, committing to a personal practice and receiving feedback from a qualified teacher, is essential to becoming an effective and inspiring Pilates Instructor. Personal Sessions should include a combination of self-practice, classes and private sessions. **50% of your hours must be done at Studio B Pilates or another professional setting with a Certified Pilates Teacher.**

#### **Student discounts at Studio B Pilates:**

Mat Classes: \$10.00

Reformer Class: \$13.00

Private Sessions: \$35 at Studio B Pilates, with Balanced Body Pilates Master Instructor

#### **Observation Hours**

Observation hours include watching experienced instructors teach group classes or private sessions. Observation is a great way to understand verbal and manual cueing, problem solving, program sequencing, modifications specific to capabilities, and to generally hone your teaching skills. **50% of your hours must be completed watching a live teacher who is a comprehensively Certified Pilates Teacher.** Observation hours at Studio B Pilates are free of charge.

#### **Teaching Hours**

Teaching hours include any Pilates teaching in a group class or private setting. Student Teachers will be provided opportunities to fulfill Pilates Mat hours in a group class setting at Studio B Pilates or one of our partner facilities. **100% of your hours must be done at Studio B Pilates or another professional setting.** When hours are completed at another approved facility, student teachers are required to send via email a 5-10 minutes teaching excerpt once monthly. To fulfill private training hours we strongly encourage you to work with your classmates. This is a safe way for you to practice your cueing and teaching skills. If this is not possible, private training may be scheduled with family and friends.

#### **Apprentice Teaching Opportunities**

Students who show strong ability and commitment to this work will be encouraged to apply to our student teaching program. Student Instructors are given the opportunity to work with clients of Studio B Pilates and get paid for their teaching hours. This provides the most professional atmosphere for practical teaching experience and is the optimal way to learn your craft as a Comprehensive Pilates Instructor.

More information regarding this program is available upon request. Students are required to complete a student teaching application process and must sign the Studio B Pilates Apprentice Agreement.

### **5. FINAL TEST OUT and CERTIFICATE OF COMPLETION**

Once instructors have completed all coursework for their intended level of certification, Mat, Reformer or Comprehensive, they must pass a **final practical exam** demonstrating their teaching ability, and a **final written exam**. If instructors are not able to test out due to geographical challenges, testing out at another Balanced Body site can be arranged. Only one test-out is required whether you are doing the Mat, Reformer or Comprehensive Program.

**The final practical test out consists of:**

Teaching a personal a session with a client or an apparatus class. The specific requirements will be determined prior to the testing.

During the exam we will be observing and rating the instructor's skills in the following areas:

- Correct set up and execution of the exercises
- Client safety
- Appropriate sequencing
- Appropriateness of the exercises to the client or class
- Understanding and application of the principles
- Cueing and the ability to communicate with your client or class

If the instructor does not pass on the first try, we will work with the student on problem areas and set-up a timeline for completion.

**\*Students will only qualify for test-out at Studio B Pilates, Balanced Body Authorized Training Center if they have completed the coursework and practical hours required of this program.**

## 6. CALENDAR/MODULE SCHEDULE

### Teacher Training Module Schedule:

Our comprehensive program is currently offered in a one-year cycle. Student teachers may begin gaining practical experience through teaching after completion of the first Pilates module (Mat I or Reformer I). Your program of study must begin with *Movement Principles* or *Anatomy in Three Dimensions*.

Our Pilates Mat program module courses may take place at the University of Wisconsin-Stevens Point.

Please visit our website for current dates and upcoming courses. [www.studiobpilates.net/teachertraining](http://www.studiobpilates.net/teachertraining)

## 7. TUITION AND FEES

### 2018-2019 Course Fees:

Module	Price of Course	Price of Materials	Hours
Mat I Module	\$385 Early Bird Price \$425 Regular Price	\$80 – training manual and DVD	16
Mat II Module	\$385 Early Bird Price \$425 Regular Price	\$80 – training manual and DVD	16
Reformer I Module	\$385 Early Bird Price	\$80 - training manual and	16

	\$425 Regular Price	DVD	
Reformer II Module	\$385 Early Bird Price \$425 Regular Price	\$80 - training manual and DVD	16
Reformer III Module	\$385 Early Bird Price \$425 Regular Price	\$80 - training manual and DVD	16
Pilates Chair Module	\$325	\$80 - training manual and DVD	14
Trapeze Table/Tower Module	\$425	\$80 - training manual and DVD	18
Pilates Barrels Module	\$125	\$80 - training manual and DVD	6
Anatomy in 3D (not required if previous anatomy course was taken)	\$349 Early Bird Price \$399 Regular Price	(Ai3D requires <b>Trail Guide to the Body</b> , purchased separately, approximately \$55.)	14
<b>Movement Principles</b>	\$399 Early Bird Price \$449 Regular	\$90	
<b>TOTAL PROGRAM:</b>	\$3548 (Early Bird Prices)	\$730	
<b>Estimated cost of Personal Sessions:</b> (This figure includes student discounts and is only an <b>estimate</b> , based on <b>all</b> of your personal sessions being conducted at Studio B Pilates, using our discounted student prices.)	\$1200 (estimate)		
<b>Tutoring Fee/Makeup Session:</b> (If you need to miss part of a module, you may schedule a make-up session.)	\$55/hr		

\* Registration and payment for all modules are per module and can be completed with **Balanced Body** at [www.pilates.com](http://www.pilates.com).

## 8. STUDENT RECORDS

Records of what course have been taken and successfully completed are kept for (7) years. We ask that students finish their chosen track (Pilates Mat Instructor, Pilates Reformer Instructor, Comprehensive Pilates Teacher Instructor) within a (7) year timeframe. All student information is confidential and will not be shared without expressed permission by the student.

### RECORD OF STUDENT HOURS

A log-sheet of student hours will be kept at Studio B Pilates, where each student will keep a student records folder.

## **9. ACADEMIC ISSUES/FAILURE TO SUCCEED**

We make every effort to ensure full preparedness of our students before they are allowed to schedule a final test-out.

In the event that you do not pass a module or final test out on the first try, a Balanced Body Faculty member will provide detailed information of what you need to practice/study in order to pass and set up a reasonable timeline for completion.

## **10. STUDENT CONDUCT**

Students are expected to be in attendance and on time during all scheduled lecture, personal, observational or practical teaching hours.

When working in our studio space, students are expected to dress professionally, and to use language appropriate for a professional setting.

Students are expected to participate fully as this field of study requires an experiential process. Students will not be asked to try to perform any exercise that is in any way unsafe or beyond their abilities. In the event of pregnancy, injury or chronic illness, modifications are given.

## **11. ATTENDANCE/TARDINESS**

For successful completion of each teacher-training module, students must be in attendance for the entire workshop. For example if a course is indicated to be 16 hours, then students must be in attendance for 16 hours of coursework. If need be, a student may reschedule a small portion of a course as long as they have determined an alternate schedule ahead of time. Please note the Tuition section of this handbook for the current price of rescheduling all or part of a lecture.

Tardiness is not acceptable. If you know you will be late, please reschedule the time you will miss.

## **12. STUDENT FEEDBACK/STUDENT COMPLAINTS**

Students are asked to fill out an evaluation and provide anonymous feedback at the end of each module course. These evaluations are shared with the Balanced Body Faculty member and any constructive criticism of our course is taken quite seriously. We encourage open communication between students and faculty, if a specific concern should arise it should be brought to the attention of the program faculty immediately. Concerns will be taken seriously and we will make every effort to handle it promptly.

Concerns that remain unresolved may be brought to the attention of:

Wisconsin Educational Approval Board  
201 W. Washington Ave. 3<sup>rd</sup> floor, Madison, WI 53703.  
Phone: 608-266-1996 Email: eabmail@eab.wisconsin.gov

### 13. CANCELLATION AND REFUND POLICY

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period required by State of Wisconsin Educational Approval Board law 6.04..
2. Was unqualified for training and in the event that Studio B Pilates did not secure a disclaimer under State of Wisconsin Educational Approval Board 9.04.
3. Enrollment was procured as the result of misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made with in 10 business days of cancellation.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro-rata refund as follows:

At least:	But less than:	Refund of Tuition:
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	no refund

As part of this policy, the school may retain a one-time processing fee of no more than \$100. The school will also refund prepaid amounts for books and/or supplies upon their return. A student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro rata amount. A written notice of withdrawal s no required.

### 14. CERTIFICATION STANDARDS/CONTINUING EDUCATION REQUIREMENTS

The Studio B Pilates/Balanced Body Pilates teacher training program offers an assessment based certificate of completion which entitles you to sit for the Pilates Method Alliance Certification exam.

The PMA Pilates Certification Program offers the **only certification** in the field of Pilates. On May 22, 2012 the National Commission for Certifying Agencies (NCCA) granted accreditation to the PMA Pilates Certification Program for demonstrating compliance with the NCAA Standards for the Accreditation of Certification Programs. NCCA is the accrediting body of the Institute for Credentialing Excellence (formerly the National Organization for Competency Assurance).

Upon successful completion of the PMA Certification exam one may use the title Pilates Method Alliance-Certified Pilates Teacher, PMA-CPT. The PMA requires 16 hours of continuing education every 2 years a to maintain your status as a Certified Pilates Teacher.

### 15. EMPLOYMENT SERVICES

Completion of a Pilates Teacher Training program does not guarantee employment.

#### **Balanced Body Job Board:**

Balanced Body's Pilates Job Board is dedicated to connecting Pilates Professionals with top employment opportunities. At [www.pilates.com/jobboard](http://www.pilates.com/jobboard), you can post a job or search for one worldwide.

### 16. PILATES METHOD ALLIANCE (see CERTIFICATION STANDARDS pg 13.)

Our program meets national guidelines and is designed to prepare you for the Pilates Method Alliance (PMA) certification exam, which can be taken upon completion of the full comprehensive program.

## **17. BALANCED BODY BRIDGE PROGRAM (ADVANCED STANDING)**

If you have previously completed part of another Pilates educational program and wonder if you could receive advanced standing in our program, please contact Balanced Body directly for a review. You may be eligible for the Balanced Body Bridge program. For an application and more information, please visit [www.pilates.com](http://www.pilates.com) or contact us at 1-877- PILATES (877-745-2837).