



CALM HEART STUDIOS MAT & REFORMER PILATES CERTIFICATION

The Calm Heart Certification Program combines the authentic exercises from Joseph Pilates original repertoire with a modern and cutting-edge fitness insight into the trends with The Pilates Industry while maintaining true to core stability training.

Your Teacher Trainor
Gabriella Arce Rodriguez
Owner/CEO
Calm Heart Studio

Gabriella is well known and respected in the fitness industry. She has dedicated over 10 years in enhancing her fitness qualifications in order to provide the optimal conditioning and exercise regime to her clients. She is a passionate and dedicated instructor that creates innovative exercise regimes that infuse the authentic teachings of Joseph Pilates with a modern and engaging style of instruction that has lead to her popularity and respect within the Pilates community. Gabriella's certifications include:

- Pilates Mat
- Pilates Reformer
- Pilates Stability Chair
- Certified Personal Trainer
- Certified Barre Instructor
- Yin Yoga
- Restorative Yoga
- Vinyasa Yoga
- Kinesiology Training
- Certificate in Nutritional Diet

CALM HEART STUDIOS
MAT PILATES CERTIFICATION



Mat Pilates Certification Course Guide

2024 | APRIL - MAY | IN STUDIO AND ONLINE

Mat Pilates Module 1

24 Hours Anatomy- mandatory course separate from hours

20 Hours Mat Pilates Module 1

6 Hours Observation of Pilates Mat Sessions

25 hours Instruction and Supervised Teaching

10 Hours Practice Teaching

Total 61 Hours End of Module 1

Mat Pilates Module 2

10 hours Physical Review

15 hours Instruction & Supervised Teaching

5 hours Practice Teaching

4 hours Observation Pilates Mat Sessions

Total 34 Hours End of Module 2

ACCESS THE SUMMIT VIA WWW.REALLYGREATSITE.COM 

CALM HEART STUDIOS
MAT PILATES CERTIFICATION



Reformer Certification

2024 | MAY- JUNE | IN STUDIO AND ONLINE

Pilates Reformer Course Guide

40 hours Physical Review

50 hours Instruction and Supervised Teaching

25 hours Practice Teaching

10 Hours Observation

Total 125 Hours End of Reformer Training

Calm Heart Studio
Pilates Certification Training
1805 Wilson Ave, North York





CALM HEART STUDIOS
MAT PILATES CERTIFICATION

**Pilates Mat & Reformer
Certification**

2024 | APRIL - JUNE | IN STUDIO AND ONLINE

Pilates Mat Course Pricing

\$2190

Includes Anatomy Course, All Education Materials (3 Texts) and Use of Studio for Practice and Observation

50% deposit

required upon reservation

Reformer Level 1 Course Pricing

\$2250

Includes All Education Materials, Use of Reformer Equipment for Training and Practice and Observation

50%

required upon reservation

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CALM HEART STUDIOS MAT PILATES CERTIFICATION SCHEDULE

April
2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Anatomy 5:00-9:00	6 Anatomy 1pm-7pm
7 Anatomy Assignment 10am-5pm	8	9 Anatomy 5pm-8pm	10	11 Anatomy Exam 5pm-8pm	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 MP1 5-9 pm	27 MP1 12:30-8:00
28 MP1 Assignment 11am-3pm	29	30	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px;"> In Studio </div> <div style="border: 1px solid black; padding: 2px;"> Online/Virtual </div> <div style="border: 1px solid black; padding: 2px;"> Assignment </div> </div> <p>MP1=Mat Pilates Module 1</p>			

Anatomy	24 hours	Mat Pilates Module 1 (Physical Review)	20 hours
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May
2024

Assignment/ Virtual
In Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 MP1 5:00-9:00	4 MP2 12:30-8:00
5 MP2 Assignment 11:00-3:00	6	7	8	9	10	11 MP1 & MP2 Review and Practical Exam 12:30-6:30
12	13	14	15	16	17	18
19	20	21	22	23	24 RC 5:00-9:00	25 RC 1:00-8:00
26 RC 11:00-3:00	27	28	29	30	31	

Reformer Certification (Physical Review)	RC	40 hours	Mat Pilates Module 2 (Physical Review)	MP2	20 hours
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June
2024

Assignment Virtual
In Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 RC 2:00-8:00
2 RC 11:00-2:00 Assignment 4:00-7:00	3	4 RC Assignment 4:00-8:00	5	6 RC Assignment 4:00-8:00	7	8 Reformer Certification Exam 12:30-5:30
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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VIA WWW.CALMHEARTSTUDIOS.COM