

ENROLLMENT | REQUIREMENTS | SYLLABUS | MODULES | APPRENTICESHIP



Club Pilates Teacher Training

PROGRAM CATALOG



As of December 2025

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Overview

- Lectures, Online Study, Assignments, & Quizzes
- In-Studio Days
- Observation
- Self-Practice
- Practice Teaching
- Assistant Teaching
- Canvas Online Learning Platform
- Master Trainer Mentorship
- Apprenticeship Program



Objectives

The Club Pilates Teacher Training Program is the only 450-hour Comprehensive Pilates education program that allows for flexible pacing with a blended education format. The blended format includes in-person, independent, and online learning. Students receive a Comprehensive Pilates education in all Pilates apparatus: Mat, Reformer, Jumpboard, Springboard, Cadillac, Chair, Ladder Barrel, Spine Corrector, and Magic Circle. Participants will have access to our proprietary education materials and the host studio facility for one year from the date of their first in-studio day.

This program will prepare graduates with the skills needed to become a successful instructor in the Pilates industry. Upon completion, participants will be able to successfully sit for the National Pilates Certification Program (NPCP) exam and teach in settings such as group fitness, one-on-one, big gyms, small boutique studios around the world, and our growing family of Club Pilates studios. Club Pilates Teacher Training fulfills global industry standards of Pilates instructor education.

Host Studio

The host studio is the location where participants attend their **in-studio days**. During these practical learning sessions, participants should come prepared to move for many hours each day by wearing appropriate athletic wear. Bringing snacks and a water bottle for short breaks is recommended. The host studio will be the participant's home during this time and will be there to support throughout the program.



PROGRAM HOURS

150 HOURS

ONLINE LEARNING

These hours are comprised of lectures, online assignments, reading, videos, and quizzes. Participants can begin their online hours immediately upon enrollment, once they receive access to our Learning Management System, Canvas. All online hours can be completed anytime, anywhere, which allows participants to complete their hours at their own pace and schedule.

66 HOURS

IN-STUDIO DAYS

*BROKEN DOWN BY MODULES (PAGE 5)

In-studio hours are completed in person at the host studio over 12 days. Each day will be 6 hours with a 30-minute break. The Master Trainer will review materials from the online portal, providing deeper discussions regarding exercise application. Participants are required to attend all 12 in-studio days to complete the program. If a day must be missed, it can be made up at a later time either when the program returns to the host studio or by visiting a neighboring Club Pilates. When making up a day at a different studio than the host studio, the participant will be charged a minimum \$100 make up fee.





PROGRAM HOURS *CONTINUED*

60 HOURS

OBSERVATION

Participants may begin logging observation hours the same day as enrollment. These hours can be completed by watching classes inside the studio or by watching Pilates classes online. An **Observation Form** will be completed for each hour of observation. Approved online sites for observation requirements are xponential.plus or www.pilatesanytime.com.

**Please note that additional subscription charges to these services may apply.*

70 HOURS

SELF-PRACTICE

Participants may begin logging self-practice hours the same day as enrollment. These hours consist of time spent physically practicing the Pilates Method. These hours can be completed at home, in studio classes, private training sessions, or another environment that is conducive to self-practice. Class and private training session fees for these services will apply and are not included in the tuition for the Teacher Training program.

70 HOURS

PRACTICE TEACHING

Participants are encouraged to start logging practice teaching hours prior to the 7th in-studio day. This gives the student the ability to ask questions in person during days 8-12. These hours require participants to bring their own “client” to the studio for practice teaching the Pilates Method to them. Student liability insurance is required at this point in the program to protect the participant and the studio. Both the host studio and Club Pilates Franchise LLC need to be listed as additional insured on the policy.

34 HOURS

ASSISTANT TEACHING

Assistant teaching hours are logged when the participant assists an approved Club Pilates instructor during a live class. During this time, a 3-5-minute increment of class is taught by the participant. During the remaining parts of the class the participant will help adjust equipment, demonstrate proper form, and much more! This is a great time to pick up new teaching techniques, learn new cues, and shadow an experienced instructor.





MAT MODULE

DAY 1 - DAY 2

- General Pilates and Instruction Overview
- Introduction to Anatomy (Online/Canvas)
- Anatomy for Pilates
- Class Programming - The “why” behind exercises and choreography
- Classical Pilates Repertoire Assignment
- Mat Warm-up and Repertoire

REFORMER MODULE

DAY 3 - DAY 6

- Creating classes with great “flow”
- Bridging on the Reformer
- Posterior Chain in Pilates Practice
- Reformer: Front
- Reformer: Upper Body
- Reformer: Prone
- Reformer: Full
- Reformer: Lower
- Reformer: Side Body

SPECIAL POPULATIONS MODULE

DAY 7

- Special Populations

SPRINGBOARD MODULE

DAY 8

- Springboard with Push-Through Bar

CADILLAC MODULE

DAY 9

- Reformer Trapeze Combination/Cadillac

CHAIR MODULE

DAY 10

- Chair

BARRELS / CIRCLE MODULE

DAY 11

- Spine Corrector
- Ladder Barrel
- Magic Circle

TEACHING SKILLS + PROGRAMMING MODULE

DAY 12

- Cueing
- Group Class Programming
- Creative Sequencing

Enrollment and Online Content

Participants can sign up online by visiting www.clubpilates.com/education or by contacting their host studio. Once enrolled, participants will gain access to Canvas, our online education platform, within two business days. Participants can start self-practice, observation, and online hours as soon as enrollment is complete—even before the in-studio days begin.

Participants will have access to Canvas for one year from the start of their first in-studio day for the Pilates curriculum, **excluding anatomy content***. If additional time is needed for the Pilates curriculum, it may be requested for a \$75/month extension fee. Participants may request up to three additional months at a time and may not exceed a total of three extension requests, or nine months total. Extension fees for the online Pilates coursework only apply to extended Canvas access and does not include additional fees that may be owed to the Master Trainer for mentorship, grading and the final test out.

*Access to the anatomy course will begin **on the day of enrollment** and will expire one year to the date. The anatomy course is not eligible for extensions. If additional time is needed, the participant must enroll in the individual anatomy module for a \$200 fee.

Tuition Options

1. Club Pilates Full Tuition Price: \$4,995
2. Payment Plan Option: \$2,100 non-refundable deposit and 5 monthly payments of \$630 per month
3. Enroll Now, Start Now: only \$2,100 as a deposit to get started, defer additional payments until in-studio days begin

Modular Courses

If a practitioner already has partial Pilates education, enrolling in individual course modules is available to complete their Comprehensive education.

Module pricing is as follows:

- Mat, Foundation, and Anatomy Module: \$895
- Reformer, Anatomy, and Special Populations Module: \$2,100
- Springboard and Cadillac Module: \$895
- Chair Module: \$630
- Ladder Barrel, Spine Corrector, and Magic Circle Module: \$630
- Teaching Skills & Programming Module: \$250
- Anatomy Module: \$200





MODULE TUITION OPTIONS

Mat Foundations

TOTAL HOURS: **79**

In this module, participants will receive two days of in-person learning with a Master Trainer, learning a comprehensive Mat education from beginning to advanced levels, along with history and foundational elements. Participants will also be taking an anatomy course online to supplement the Mat education and prepare the participant to teach Mat classes. Participants will receive access to our online learning portal and a PDF copy of the Mat manual.

ONLINE HOURS: **20**

IN-STUDIO HOURS: **11**

OBSERVATION HOURS: **15**

SELF-PRACTICE HOURS: **15**

PRACTICE TEACHING HOURS: **12**

ASSISTANT TEACHING HOURS: **6**

Reformer and Special Populations

TOTAL HOURS: **175.5**

In this module, participants will receive five days of in-person learning with a Master Trainer, learning the Reformer from beginning to advanced levels. Participants will also learn about anatomy and how to teach Pilates to special populations who may have different abilities, pathologies, or medical conditions. Participants will receive access to our online learning portal and a PDF copy of the Reformer and Special Populations manuals. Participants will walk away having the education necessary to teach group Reformer classes.

***NOTE: "SPECIAL POPULATIONS" IS INCLUDED IN THIS MODULE AND CANNOT BE SEPARATED INTO AN INDIVIDUAL TRAINING.**

ONLINE HOURS: **40**

IN-STUDIO HOURS: **27.5**

OBSERVATION HOURS: **30**

SELF-PRACTICE HOURS: **30**

PRACTICE TEACHING HOURS: **32**

ASSISTANT TEACHING HOURS: **16**

Online Anatomy Course

TOTAL HOURS: **10**

Included in the Mat and Reformer modules, this course can be purchased in addition to the courses below to help students gain a better understanding of anatomy, if needed.

Springboard and Cadillac

TOTAL HOURS: **81**

In this module, participants will attend a two-day in-person training with a Master Trainer to learn how the Reformer can transform into a Trapeze Table, introducing additional repertoire. Participants will also learn education on the Springboard, which mirrors one side of the Cadillac/RTC, giving a complete education on both pieces of apparatus, ranging from beginner to advanced movements. Participants will learn the history, fundamental elements, exercises with form and alignment, as well as cueing for safety practices on the Cadillac/RTC and the Springboard. Participants will also have access to our online learning portal and will receive a PDF copy of the Springboard and Cadillac manual.

ONLINE HOURS: **30**

IN-STUDIO HOURS: **11**

OBSERVATION HOURS: **7**

SELF-PRACTICE HOURS: **15**

PRACTICE TEACHING HOURS: **12**

ASSISTANT TEACHING HOURS: **6**



Chair

TOTAL HOURS: 44.5

In this module, participants will attend a one-day in-person training course. This day will consist of lecture from a Master Trainer, programming, history, and fundamental elements of the Chair, and proper cueing and form for all exercises, beginning to advanced. Participants will receive access to our online learning portal and will receive a PDF copy of the Chair manual.

ONLINE HOURS: 20

IN-STUDIO HOURS: 5.5

OBSERVATION HOURS: 4

SELF-PRACTICE HOURS: 5

PRACTICE TEACHING HOURS: 7

ASSISTANT TEACHING HOURS: 3

Ladder Barrel, Spine Corrector and Magic Circle

TOTAL HOURS: 54.5

In this module, participants will attend a one-day in-person training with a Master Trainer. They will receive education on all three of these apparatus from beginning to advanced levels. The Ladder Barrel combines ladder rungs with a barrel surface for stretching, core strengthening, balance challenges, and flexibility exercises. The Spine Corrector is a smaller arc and platform that offers movements that are great to use in both a private training and group environment. The Magic Circle education is provided to assist and challenge students of all levels. Participants will also have access to the online learning portal, will receive a PDF manual, and will have access to interactive videos to continue their learning and education.

ONLINE HOURS: 30

IN-STUDIO HOURS: 5.5

OBSERVATION HOURS: 4

SELF-PRACTICE HOURS: 5

PRACTICE TEACHING HOURS: 7

ASSISTANT TEACHING HOURS: 3

Teaching Skills & Programming

TOTAL HOURS: 5.5

In this module, participants will attend a one-day in-person studio training with a Master Trainer. They will receive education on cueing (verbally and physically), class programming, and teaching skills designed to enhance an instructor's efficacy in leading group and private classes on all apparatus. Participants will end the module with choreographed class plans, confidence in creating their own class plans, and individual feedback on their teaching skillset. Participants must have training on all Pilates apparatus to attend this module. This module does not include online content or a manual.

ONLINE HOURS: 0

IN-STUDIO HOURS: 5.5

OBSERVATION HOURS: 0

SELF-PRACTICE HOURS: 0

PRACTICE TEACHING HOURS: 0

ASSISTANT TEACHING HOURS: 0





Refunds & Terminations

All payments are non-refundable. With notification, installation payments can be paused based on urgent medical needs for up to 90 days. Participants who violate safety, etiquette, or behavioral expectations are subject to immediate termination without refund.

Insurance

In addition to tuition, participants must purchase student liability insurance prior to using the host studio for practice teaching hours. Insurance must name the host studio and Club Pilates Franchise LLC as additional insured. We recommend purchasing student insurance through IDEA or Pilates Method Alliance.

Manuals

Participants are given access to all manuals in digital PDF format in Canvas. Professionally printed manuals are available for purchase at the following prices:

- Mat - \$65
- Reformer - \$140
- RTC - \$65
- Chair - \$65
- Special Populations - \$65
- Ladder Barrel - \$65
- All 6 Manuals - \$425 (\$40 discount)

Manuals can be purchased at: <https://club-pilates-teacher-training.myshopify.com/>

Etiquette

It is important that all participants maintain a positive and professional demeanor when in the studio. Respecting the studio, staff, and fellow participants is key to a successful in-studio training experience. All participants will be asked to sign an **Etiquette Agreement** that will clarify use of studio and expectations on how to accomplish all categories of hours.

Graduate Requirements

All hours and assignments indicated in the online learning portal, quizzes, final written exam, and final practical test out are required to complete the program. The last step of the participant's program is to pass the practical test out.

Final grades are based upon the following: **50%** Final Practical Test Out, **25%** Completed assignments, class participation, and attendance, **10%** Final Online Exam, **10%** Anatomy Course, **5%** Final Written Assignment

*Failure to pass the final exams may result in additional fees to retest. Only one test out is included in the price of tuition.

Diploma

Participants will receive a hard copy diploma in the mail proving their total accomplishments and readiness to teach upon completion of all requirements and fees paid.

Mentorship

Utilizing a Master Trainer is a huge part of the program and one that sets the Club Pilates Teacher Training program apart from others. Your Master Trainer, along with your host studio, will be there every step of the way and will also support participants during preparation for the final exam and final practical test out.

Apprenticeship Program

A participant enrolled in the Club Pilates Comprehensive Teacher Training program may be eligible for the Club Pilates Apprenticeship Program once 142 hours out of 450 are complete, including all in-studio days.

An evaluation process by the Master Trainer or host studio's Lead Instructor is completed to determine eligibility for the program. Once approved, the participant will be permitted to teach in a restricted fashion at a Club Pilates studio. Apprentice instructors are employees of the studio, which means apprenticeship is not guaranteed as part of the program.

Each class taught as an apprentice counts as one of the required training hours toward the 450. Once the participant has completed all requirements of the Teacher Training program, they can test out to complete the program and re-interview with the studio owner for a Club Pilates instructor position. The position of apprentice instructor does not guarantee employment with Club Pilates. Keep in mind that not all teachers in training will be ready for the challenge of teaching so soon. Some participants may be more comfortable completing all 450 hours as regularly scheduled.

Get Started!

Visit our website to see upcoming Teacher Training sessions near you or enroll online:

www.clubpilates.com/teacher-training

