



Comprehensive At a Glance

LEVEL I 200 HOURS: 80 course contact hours | 120 logged hours

LEVEL I MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days 20 hours	<ul style="list-style-type: none"> • Pilates history • 5-Part Formula for Success • Pilates Fundamentals • Key Concepts • Introductory mat exercises • Mat cueing, transitions, progression 	Workshop: \$599 Materials : \$175 • Level I DVD • Level I/Module 1 Manual: <ol style="list-style-type: none"> 1. Introduction 2. Teaching Pilates 3. Progression 4. Anatomy 5. Mat • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Possess basic knowledge of anatomy and kinesiology. • Complete 20 hours of training: apparatus and classical mat • Complete pre-course assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours • Attend next module 4–6 weeks later.
MODULE 2 2 ½ days 20 hours	<ul style="list-style-type: none"> • Introductory reformer • Reformer cueing, transitions, touch techniques and spotting • Introductory Cadillac, Wall and Power Circle • Alignment and touch techniques • Introductory Small Barrel and Ladder Barrel • Movement Patterns Workshop 	Workshop: \$599 Materials: \$100 • Level I/Module 2 Manual: <ol style="list-style-type: none"> 1. Reformer 2. Cadillac/Tower 3. Chair 4. Barrel 5. Endings • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level I/Module 1. • Complete pre-module assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 4–6 weeks later.
MODULE 3 2 ½ days 20 hours	<ul style="list-style-type: none"> • Reformer add-ins • Alignment, Precision, Seeing & Correcting the Body • Reformer technique, transitions and rhythms • More Ladder Barrel exercises • Session Format Part C workshop • Practice teach full session • Practice teach full session • Intake Procedures 	Workshop: \$599 • Course Prep Packet • Student Assessment Guide	Before the module: <ul style="list-style-type: none"> • Complete Level I/Module 2. • Complete pre-module assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Prepare for assessments in Module 4. • Attend next module 4–6 weeks later.
MODULE 4 2 ½ days 20 hours	<ul style="list-style-type: none"> • Introductory High/Low Chair Exercise • Practice teaching • Technique and teaching feedback • Theoretical review • Assessments on final two days: <ul style="list-style-type: none"> • Theoretical Exam (written) • Technique Assessment • Teaching Assessment 	Workshop: \$599 • Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level I/Module 3. • Complete pre-module assignments. • Complete 100 logged hours for Level I. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. Certification: <ul style="list-style-type: none"> • A Peak Pilates Level I Comprehensive Certification is awarded on completion of logged hours and passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.

LEVEL II 200 HOURS: 100 prerequisite hours | 40 course contact hours | 60 logged hours

LEVEL II MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days 20 hours	<ul style="list-style-type: none"> Level II Mat Technique, Transitions, Cueing and Building Blocks Level II Reformer and Cadillac Exercises & Technique Level II Endings: Power Circle & Arm Weight Series Understanding Progression Touch Techniques Group Reformer Teaching 	Workshop: \$599 Materials: \$100 <ul style="list-style-type: none"> Level II DVD Level II/Module 1 Manual: <ol style="list-style-type: none"> Teaching Pilates Progression Anatomy Mat Reformer Cadillac/Tower Course Prep Packet 	Before the module: <ul style="list-style-type: none"> Achieve Level I certification. 100 prerequisite hours: 40 hours personal practice / 20 hours observation/40 hours teaching. Complete pre-course assignments. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Attend next module 6–8 weeks later.
MODULE 2 2 ½ days 20 hours	<ul style="list-style-type: none"> Anatomy Low Chair Exercises Touch Techniques Cueing Variations Group Reformer Teaching Case Study Essay Assignment Assessments: <ul style="list-style-type: none"> Theoretical Exam (written) Technique Assessment Group Reformer Teaching Assessment Full Session Teaching Assessment 	Workshop: \$599 Materials: \$80 <ul style="list-style-type: none"> Level II/Module 2 Manual: <ol style="list-style-type: none"> Chair Barrel Endings Course Prep Packet Student Assessment Guide 	Before the module: <ul style="list-style-type: none"> Complete Level II/Module 1. Complete pre-module assignments. Complete 60 logged hours for Level II. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. Certification: <ul style="list-style-type: none"> A Peak Pilates Level II Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.

LEVEL III 100 HOURS: 40 course contact hours | 60 logged hours

LEVEL III MODULES	KEY TOPICS	PRICE & MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days 20 hours	<ul style="list-style-type: none"> Level III Mat and Reformer Technique, Transitions and Progressions Level III Cadillac Technique Lower Body Anatomy Reformer Touch Techniques Advanced Touch and Spotting Shapes in Space Signs of Readiness 	Workshop: \$599 Materials: \$100 <ul style="list-style-type: none"> Level III DVD Level III/Module 1 Manual: <ol style="list-style-type: none"> Teaching Pilates Progression Anatomy Mat Reformer Cadillac/Tower Course Prep Packet 	Before the module: <ul style="list-style-type: none"> Achieve Level II certification. Complete pre-course assignments. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Attend next module 6–8 weeks later.
MODULE 2 2 ½ days 20 hours	<ul style="list-style-type: none"> New High Chair, Low Chair and Spine Corrector Exercises Auxiliary Equipment Exercises: <ul style="list-style-type: none"> Ped-o-Pul Foot Corrector Towel Sandbag Jump Board Random Case Scenarios Case studies Mat Technique Assessment Action Plans for Assessment 	Workshop: \$599 Materials: \$80 <ul style="list-style-type: none"> Level III/Module 2 Manual: <ol style="list-style-type: none"> Chair Barrel Endings Course Prep Packet 	Before the module: <ul style="list-style-type: none"> Complete Level III/Module 1. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Take final assessment 8 weeks later.
MODULE 3 1 day 6 hours	Final Comprehensive Assessment: <ul style="list-style-type: none"> Theoretical Exam (written) Technique Assessment Teaching Assessment 	Assessment Fee: \$225 <ul style="list-style-type: none"> Course Prep Packet Student Assessment Guide 	Before the module: <ul style="list-style-type: none"> Complete Level III/Module 2. Complete 60 logged hours for Level III. Certification: <ul style="list-style-type: none"> A Peak Pilates Comprehensive Certification is awarded on completion of logged hours and passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years.