



HGC Pilates Teacher Training Outline

Associate Hour Requirements 500 Breakdown - First Year

- Orientation - 2 hrs total
- Pilates Comprehensive on equipment (Mat, Reformer, Trapeze Table, Wunda Chair, Ladder Barrel, Spine Corrector, Magic Circle) and exercises - 40 hrs total
 - Beginner
 - Intermediate
 - Advanced
- Human Anatomy (Trail Guide to the Body textbook required) - 40 hrs total
 - Bones - Trail Guide
 - Muscles - Trail Guide
 - Movement Principles
 - Contraindications for special populations
- Observation - 100 hrs total
 - Hours of observation in the studio
 - Privates - 25 hrs
 - Group Classes - 25 hrs
 - Hours of observation online - 50 hrs
 - Soap Notes must be taken to be approved in Google Doc.
 - Date, subject, location, or web address, notes.
- Associate Teaching - 148 hrs total
 - Case Study Clients 2x week for 3 months - 48 hrs (after 3 months of PTT)
 - Group Class - 64 hrs (after 6 months of book work)
 - Assisted or popcorn-style teaching
 - 1 - morning/day time class per week*
 - 1 - evening class per week*
 - 1 - weekend shift per month*
 - Subbing
 - During this time, you're also added to the substitute pool amongst all Pilates teacher trainers to help fill in during vacations/illness/etc.
 - Privates - 36 hrs (after 6 months of PTT)
 - 1 morning/day time class per week*
 - 1 evening class per week*
 - 1 weekend shift per month*

*Per demand of Healing Grounds community needs, we can come up with a doable schedule

- Personal Workouts - 65 hrs total
 - Workout with PTT Associates or on your own
 - Take the class of another PTT or HGC Instructor
- Being observed while teaching - 25 hrs total
 - Video tape and submit the first 3 to 6 months of teaching, privates or classes to ptthgc@gmail.com
- Field Trip - 24 hrs total
 - Other studios for atmosphere, operations, and instruction
- Associate lead workshop/series - 12 hrs total
 - 2-3 workshops
- 6 Month project and practical teaching evaluation - 3 hrs total
- 12 Month final exam project and practical teaching evaluation - 3 hrs total
- Miscellaneous - 38 hrs total
 - Lecture on Joseph Pilates History
 - Reading non-required books
 - Watching workshops online
 - Taking an extra course online
 - Safety Checks on Equipment
 - Practice test for NPCP

Classroom Time

Students meet one afternoon per week for approximately four hours during the first six months of the program. This time is meant for collaborative learning to explore the Pilates Method through the Beginner, Intermediate, and Advanced repertoire. Weekly lectures include Pilates history, anatomy, movement principles, and special populations, while building the knowledge and confidence needed to become a successful Pilates instructor.

(Virtual attendance may be available after successful completion of the Beginner, Intermediate, and Advanced apparatus repertoire.)

Additional Requirements

- Two 8-hour weekend workshops at Healing Grounds Center
- Two Pilates EXPOs hosted at Healing Grounds Center

Second Year Part-time & Internship [REQUIRED]

- Studio team meetings will be held monthly - mandatory attendance in person or on Zoom
- Second year contract commitment to teach 2-3+ classes a week of your choice
- Second year contract commitment of 5-6+ hrs week to private lessons

- 1 workshop per quarter

- 2 of those workshops need to turn into a 4 week series

- Your schedule - Each associate will be teaching classes on:
 - 1 - morning/daytime class per week*
 - 1 - evening class per week*
 - 1 - weekend*
 - Availability to periodically help with private group or specialty classes

*Per demand of Healing Grounds community needs, we can come up with a doable schedule

- Two Pilates EXPOs hosted at Healing Grounds Center

The above outline is subject to change and may be updated in accordance with NPCP (National Pilates Certification Program) requirements and/or the needs of the studio at Healing Grounds.