



CORE Pilates Teacher Training Apprentice Program

CORE Apprentice Program In order to take the Pilates Method Alliance certification exam, instructors are required to complete 450+ hours of training. In addition to the various formal hours of training offered through Core Fitness and Physical Therapy, ***qualified** candidates can apply for a spot in the Instructor Apprentice Program. As a CORE Apprentice, candidates are able to accumulate the hours needed in order to register for the PMA Exam. CORE Apprentices earn hours in three ways:

PILATES EXPERIENCE HOURS

30 Mat Classes	\$300/30 hours (<i>discounted rate</i>)
30 Private Sessions	\$1800/30 hours
20 Springboard Classes	\$350/20 hours
Required reading: Return to Life by Joseph Pilates	\$25/12 hours
CPR certified (hours to be submitted for inclusion)	COST/Hours to be submitted
	TOTAL COST: \$2,475.00
	Total Hours: 92+

**These prices are derived from package rates. If paying "per session", your cost will be more depending on how often you purchase classes/lessons at the single session rate.*

OBSERVATIONS & STUDIO AIDE HOURS

Apprentices can earn a minimum of 10 hours, and a maximum of 30 hours, by observing private Pilates sessions, mat classes and Springboard/Circuit classes at Core Fitness and Physical Therapy or other pre-approved Pilates studio locations. Additionally they can earn a minimum of 5 hours and a maximum of 20 hours cleaning the studio, assisting instructors, and working at marketing events.

No Additional Cost
Total Hours: 15-50

PRACTICE TEACHING HOURS

30 Mat Classes	30 hours
16 Springboard Classes	16 hours
40 Private Sessions	40 hours
Evaluations & Reviews w/ Director of Education and Training	6-10 hours
Study, Preparation & Practice (independent study)	100+ hours

No Additional Cost
Total Hours: 192+

TOTAL APPRENTICE HOURS: 295+

PROGRAM PERKS:

Unlike many training programs, Core Fitness and Physical Therapy does not charge candidates extra tuition or fees for using the studio to practice and acquire study hours. Additionally, candidates receive discounted rates on mat classes, as well as other services at our studio. As our thank you, and in recognition of the hard work necessary to complete the program, candidates also receive 1 FREE MASSAGE to be redeemed anytime during the apprenticeship.

DISCOUNTED RATES:

Mat Classes	\$10
Private Sessions	\$50 (<i>after completing initial 30</i>)
Be Activated Sessions	\$75 w/ PT; \$50 w/ Instructor

PAYMENT OPTIONS:

Core Fitness and Physical Therapy accepts cash, check, and credit cards. A non-refundable \$200.00 processing and registration fee for the program must be received prior to program start date. All trainees must pay in full before receiving certificates of completion from Core Fitness and Physical Therapy. See payment schedule below.

PAYMENT PLAN

Processing & Materials Fee

A non-refundable registration and processing fee of \$200 is due prior to start date.

Tuition:

Payment #1	\$500.00	
Payment #2	\$500.00	
Payment #3	\$500.00	
Payment #4	\$500.00	
Payment #5	\$395.00	TOTAL: \$2,595.00

**Pay Tuition in-full and receive 5% discount: \$2,275.25 (does not include processing fee)*

In order to qualify for student teaching hours, apprentices must complete the Pilates Mat 101, and Anatomy or Pilates Professionals workshops. Dates and Costs TBA.