



CORE Pilates Teacher Training Apprentice Program

CORE Apprentice Program In order to take the National Pilates Certification Program exam (formerly known as the PMA), instructors are required to complete 450+ hours of training. In addition to the various formal hours of training offered through Core Fitness + 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 NPCP exam. CORE Apprentices earn hours in four ways:

PILATES EXPERIENCE HOURS

30 Mat Classes	\$300/30 hours (<i>discounted rate</i>)
30 Private Sessions	\$1800/30 hours
32 Group Equipment Classes	\$640/20 hours
CPR certified (hours to be submitted for inclusion)	COST/Hours to be submitted
	TOTAL COST: \$2,740.00
	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 group Reformer/Equipment classes at Core Fitness + Physical Therapy or other pre-approved Pilates studio locations.

No Additional Cost
Total Hours: 10-30

PRACTICE TEACHING HOURS

20 Mat Classes	30 hours
20 Reformer/Group Equipment	16 hours
40 Private Lessons	40 hours
Exams & Reviews w/ Director of Education and Training	12 hours
Study, Preparation & Practice (independent study)	100+ hours

No Additional Cost
Total Hours: 92+

INDEPENDENT STUDY

Required reading: **Return to Life** by Joseph Pilates
Anatomy Workshop
Personal Practice
Lesson Planning

Cost Varies
Total Hours: 200+

PROGRAM PERKS

Unlike many training programs, Core Fitness + 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 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.

PAYMENT

Core Fitness + Physical Therapy accepts cash, check, and credit cards. A non-refundable \$200.00 registration and materials fee must be received prior to program start date. All trainees must be paid-in-full before receiving certificates of completion from Core Fitness + Physical Therapy.

Pilates 101 and ***Anatomy for Pilates Professionals*** are workshops occasionally offered by Core Fitness + Physical Therapy.

These are highly recommended when available.