

LEVEL I 260 HOURS: 64 course contact hours | 76 self-study hours 120 logged hours

LEVEL I MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 days 16 hours	<ul style="list-style-type: none"> Pilates history 5-Part Formula for Success Pilates Fundamentals Key Concepts Introductory Mat, Reformer, Cadillac, and Endings exercises Teaching: cueing, transitions, progression, posture 	Workshop: \$685 <ul style="list-style-type: none"> Level I/Module 1 Exercise Reference Guide Introductory Level I Online Video Library Mat Progressions Level I Workout Video Study Guide Audio & video tutorials PDF articles 	Before the module: <ul style="list-style-type: none"> Possess basic knowledge of anatomy and kinesiology. Complete approximately 40 hours of online self-study and practice. Must be 18 by the date of the assessment to enroll. During the module: <ul style="list-style-type: none"> Attend and participate fully in all activities. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours Prepare for Module 2.
MODULE 2 2 days 16 hours	<ul style="list-style-type: none"> Level I Full Session Technique & Teaching Touch techniques and spotting More Mat, Reformer Cadillac exercises Introduction to Chair, Barrels, and Power Circles. Alignment and touch techniques Movement Patterns Workshop 	Workshop: \$685 <ul style="list-style-type: none"> Level I/Module 2 Exercise Reference Guide (Reformer, Cadillac/Tower, Chair, Barrel, Endings) Level I Mat, Reformer, Cadillac Add-Ins Online Video Library Level I Dynamic Mat Workout Online Video Semi and Ladder Barrel Online Video Library Power Circle Online Video Library Chair Online Video Library "Work It Circuit" Workout Videos Study Guide PDF articles Audio & video tutorials 	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 activities. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Prepare for Module 3.
MODULE 3 2 days 16 hours	<ul style="list-style-type: none"> Cadillac, Chair and Barrel Add-ins Alignment, Precision, Seeing & Correcting the Body More Part C Add-Ins Group Teaching Skills Working with Chronic Low Back Pain workshop Teaching with Impact Workshop Practice teaching 	Workshop: \$685 <ul style="list-style-type: none"> Level I/Module 3 Exercise Reference Guide Cadillac, Low Chair, Spine Corrector, and Ladder Barrel Online Video Library Study Guide Audio & video tutorials PDF articles 	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"> Complete all practice, observation and teaching logged hours. Take the online theoretical assessment. Prepare for practical assessment.
MODULE 4 2 days hours	Assessments: <ul style="list-style-type: none"> Practice teaching Technique and teaching feedback Assessments on final two days: <ul style="list-style-type: none"> Technique Assessment Teaching Assessment: Group Mat, Reformer, and One to One Full Session 	Workshop: \$685 <ul style="list-style-type: none"> Study Guide Student Assessment Guide Practice theory exam 	Before the module: <ul style="list-style-type: none"> Complete Level I/Module 3. Complete pre-module assignments. Complete the online theoretical exam. 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 CEC every two years or advancing to next level.

Attend Level II 8-12 weeks after completing Level I

LEVEL II MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 days 16 hours	<ul style="list-style-type: none"> Level II Mat & Reformer Technique, Transitions, Cueing and Building Blocks Level II Cadillac & Ladder Barrel Level II Endings: Power Circle & Arm Weight Series Imagery 	Workshop: \$698 <ul style="list-style-type: none"> Level II Exercise Library Level II/Module 1 Exercise Reference Guide Level II Dynamic Mat & Full Session Workout Videos Study Guide Audio & Video Tutorials PDF articles 	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.
MODULE 2 2 days 16 hours	<ul style="list-style-type: none"> Anatomy Low Chair Exercises Touch Techniques Understanding Progressions Teaching Tower Class Working with Upper Body Issues Understanding Progression 	Workshop: \$698 <ul style="list-style-type: none"> Level II/Module Exercise Library Level II/ Module 2 Exercise Reference Guide Study Guide Audio & Video Tutorials PDF articles 	Before the module: <ul style="list-style-type: none"> Complete Level II/Module 1. Complete pre-module assignments. Work on completing logged hours. 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.
MODULE 3 1 day 8 hours	Level II Comprehensive Assessment: <ul style="list-style-type: none"> Full Session Technique Assessment Group Tower Teaching Assessment Exercise Technique Assessment 	Assessment Fee: \$350 <ul style="list-style-type: none"> Study Guide Practice theory exam Student Assessment Guide 	Before the module: <ul style="list-style-type: none"> Complete Level II/Module 2. Complete 60 logged hours for Level III. Complete the online theoretical exam. Certification: <ul style="list-style-type: none"> A Peak Pilates Level II 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.

LEVEL III 155 HOURS: 40 course contact hours | 55 Self Study hours | 60 logged hours

LEVEL III MODULES	KEY TOPICS	PRICE & MATERIALS	COURSE REQUIREMENTS
<p>MODULE 1</p> <p>2 days 16 hours</p>	<ul style="list-style-type: none"> Level III Mat and Reformer Technique, Transitions and Progressions Level III Cadillac Technique Advanced Teaching Skills Random Case Scenarios Reformer Touch Techniques Advanced Touch and Spotting Auxiliary Equipment Foot Corrector Towel Sandbag 	<p>Workshop: \$698</p> <ul style="list-style-type: none"> Level III / Module 1 Exercise Library Level III/Module 1 Exercise Reference Guide Level III Full Session & Dynamic Mat Workout Videos Study Guide Audio & Video Tutorials PDF articles 	<p>Before the module:</p> <ul style="list-style-type: none"> Achieve Level II certification. Complete all Study Guide assignments. <p>During the module:</p> <ul style="list-style-type: none"> Attend and participate fully in all sessions. <p>After the module:</p> <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Attend next module 6–8 weeks later.
<p>MODULE 2</p> <p>2 days 16 hours</p>	<ul style="list-style-type: none"> High & Low Chair Spine Corrector & Ladder Barrel Auxiliary Equipment: Ped-o-Pull & Jump Board Teaching Group Chair Real Life Teaching Part C Working with Lower Body Issues 	<p>Workshop: \$698</p> <ul style="list-style-type: none"> Level III/Module 2 Exercise Library Level III/ Module 2 Exercise Reference Guide Level III Dynamic Mat & Full Session Workout Videos Study Guide 	<p>Before the module:</p> <ul style="list-style-type: none"> Complete Level III/Module 1. <p>During the module:</p> <ul style="list-style-type: none"> Attend and participate fully in all sessions. <p>After the module:</p> <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Take final assessment 8 weeks later.
<p>MODULE 3</p> <p>1 day 8 hours</p>	<p>Final Comprehensive Assessment:</p> <ul style="list-style-type: none"> Full Session Technique Assessment Group Chair Teaching Assessment Exercise Technique Assessment 	<p>Assessment Fee: \$350</p> <ul style="list-style-type: none"> Student Assessment Guide Study Guide Practice theory exam 	<p>Before the module:</p> <ul style="list-style-type: none"> Complete Level III/Module 2. Complete all Study Guide assignments. Take the Online Theoretical Exam. Complete 60 logged hours for Level III. <p>Certification:</p> <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.

Attend Level III 6 weeks after completing Level II