



Professional Pilates Teacher Training Program
Don't Miss this Chance to Study with A Bay Area Pilates Leader
Begins October 10, 2009

The demand for qualified Pilates Instructors continues in this rapidly growing field. Career opportunities exist within fitness, medical, and academic organizations. Carol Appel, veteran Pilates teacher, invites health, fitness and dance professionals to learn the Pilates Method.

Carol Appel has mentored Pilates teachers since 1992; teaching the classical method within a fitness context. She uniquely offers professional Pilates training with added modules on the cardiovascular & strength needs of clients, as well as marketing and business strategies. These critical inclusions bring a contemporary wisdom to Joseph Pilates' philosophy of total well-being; and a practical approach to growing a successful business.

CAPPS' teacher-training program is dedicated to producing Pilates Professionals qualified at the most rigorous levels as recognized by the Pilates Method Alliance. The 500 hours of training will provide you with comprehensive knowledge and command of the classical repertory at all levels and on all apparatus; as well as modifications and variations to ensure safe, effective and fun teaching. Upon completion you will be able to apply the Pilates Method appropriately to all body types and fitness levels. You will know how to skillfully teach both group and individual formats.

Carol studied and taught under Romana Kryzanowska, one of Joseph H. Pilates' original disciples. Her teacher-training program is known throughout the Bay Area and beyond, for delivering highly-skilled, employable, and passionate professionals. A Pilates teacher for 26 years, former health club owner with a high-volume Pilates business model, consultant, industry leader - she offers mentoring from many perspectives.

If you are interested in participating in this high-level, challenging and rewarding learning experience - or in arranging a regional program at your studio - please call (707)778-3552 for an interview. **Places are limited, so please contact Carol immediately for more information.**

Carol Appel Pilates Plus Studio
800 Baywood Drive
Petaluma, CA 94954
(707)778-3552



Course Description:

- Complete Pilates Method instruction including technique, assessment, and program design
- Biomechanics, anatomy, and cardiovascular conditioning principles (ACSM guidelines)
- Learn to explain, teach, coach safely and effectively
- Learn critical business strategies that underlie the client experience – How to:
 - ◆ Give an introduction to Pilates training
 - ◆ Perform a health history, fitness and postural evaluation
 - ◆ Identify client motivation and set specific realistic goals
 - ◆ Acknowledge successes, deliver exceptional customer service, create loyal clients

Course Format: Comprehensive course consists of two phases, spanning 15 months. Individual weekends may be taken. The course may be completed sooner with more rigorous time commitment.

Phase 1 - Beginning to Intermediate Program:

4 weekends, 11 Saturday workshop, 3 Sundays

- Concludes with a written and practical examination. Additional time is necessary for completion of required hours; approximately 12-15 hours per week of studio time necessary.
- Fundamental skills learned include:
 - ◆ Command of 5 apparatus up to intermediate level
 - ◆ Skills in instructing privates, duets, small group classes
 - ◆ Assessment, program design, safe progressions,
 - ◆ Client sales cycle from introductions to integrated student

Phase 1 Requirements:	320 hours
Workshop	100 hours
Observation	20 hours
Teaching (50 beg, 50 int)	100 hours
Practice (50 beg, 50 int)	100 hours
Required home study	

Phase 2 – Advanced Program:

4 Sundays: one devoted to each different apparatus & 9 Saturday workshops

Subjects cover advanced technique, cueing, spotting, progressions, and practice-teaching.

Phase 2 Requirements:	170 hours
Workshop	60 hours
Observation	10 hours
Teaching (adv level)	50 hours
Practice (adv level)	50 hours

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Apprenticeship:

The art and skill of being a Pilates teacher come through self-directed practice, observations, and practice teaching. Participants gain invaluable insights from this process; both in building teaching ability at all client levels, and in the marketing and business systems of running a Pilates studio. This process is onsite; though additional hours can be accrued offsite.

- Teaching, observations, and personal practice continue throughout the program
- All hours must be documented for the comprehensive course
- Lessons available at discounted rate. Supervised teaching, personal coaching are included

Test Review & Final Examination:

2 Sundays

History, philosophy and principles; methodologies behind comprehensive teaching; assessment and evaluation; goal-setting, and program design

Requirements for Entry:

- Candidates must demonstrate competency and knowledge of the Pilates Method, or have professional related movement experience.
- Candidates must pass an interview and audition
- A basic course of anatomy and biomechanics is highly recommended. Or, the Anatomy Coloring Book must be completed
- Candidates commit to this comprehensive course of 500+ hours; approximately 12-15 hours/week over 15 months
- Completion of each phase is required to sit for all examinations.

Cost: Comprehensive Program = \$4400

A 10% discount is applied if paid in full. A 5% fee is added for installment plan.

- Weekend seminars, day-long workshops, examinations, manuals and handouts, Master technique classes
- Use of studio space for observations, practice, and teaching
- Deposit upon enrollment = \$1000
- Books and Supplies (not included in price = approx \$150)
 - ◆ Kendall, Muscles Testing and Function
 - ◆ Calais-Germaine, Anatomy of Movement
 - ◆ The Anatomy Coloring Book

Beginning through Intermediate Program only = \$3000

Intermediate or Advanced Program only = \$1680

Individual Weekends only = \$395

Single Sunday seminar = \$230

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