



Barbara Bruni's Pilates and Beyond

Traditional Instructor Training Program

- **Module #1: Foundations in Movement Mat Training** is 120 hours. The student will earn a certification in Foundations in Movement Mat Training. This can be a stand-alone course for those desiring to teach only Mat classes or who want to add Pilates exercises and principals to their current mode of practice. Also, those wanting to take the Comprehensive Training must take Module #1 prior to taking Modules #2 & #3.
- **Module #2: Reformer Training** is 150 hours divided into three parts: **Module 2a Reformer Level 1** (50 hours) includes the set up and safety of the Reformer as well as the beginning and some of the intermediate exercises. **Module 2b Reformer Level 2** (50 hours) includes more of the intermediate exercises and a deeper understanding of refining the exercises to unique client needs. **Module 2c Reformer Level 3** (50 hours) includes the balance of the intermediate and the advanced repertoire. The student will earn certifications as a Pilates Reformer Instructor. This includes the full repertoire of reformer exercises with current research in therapeutic principles and kinesiology. Also, those wanting to be a fully trained Comprehensive Pilates Instructor must take Module #1 and #2 prior to taking Module #3.
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- **Module #3: Trapeze, Chair, Barrels and Small Apparatus Training** is 200 hours. This includes training on above listed equipment with the full classical repertoire of exercises with variations and modifications with current research in therapeutic principles and kinesiology. This completes the full Pilates training, and the student will be certified as a Comprehensive Pilates Instructor with 470 hours of training.
- **Bridge Training** is for current instructors who have taken training from other Pilates Schools and would like to further enrich their understanding and knowledge base or for those who started training at another school and wish to complete their training with Barbara Bruni's Pilates and Beyond. Contact Barbara Bruni at 850-287-5836 to assess where the best placement is so you don't have to repeat course material.

Barbara Bruni's Pilates and Beyond is the instructor training program of Pilates Core Training, Inc. Barbara Bruni's Pilates and Beyond grants certification to students who successfully complete each module. In order to be a Comprehensively Certified Pilates Instructor, one must be trained in all modules. Once completed the student is awarded a certificate as a Comprehensively Certified Pilates Instructor. After successfully completing the all modules you will be prepared to sit for the National Pilates Certification Exam that is accredited by the NCAA by providing 470 hours of classroom, observation, self-practice and apprentice teaching should that be an intended goal.

Module #1, Foundations in Movement Mat Training is designed to be completed in six months or less including all Classroom Hours, Self-Practice, Observation and Apprentice Teaching hours. If more time is needed the participant can petition for additional time, especially for the apprentice teaching hours, however, there may be additional costs for private and self-practice sessions.

Module #2a, 2b and 2c, Reformer Training, is designed to have all the classroom hours completed in six months from the start of the program. An additional (6) months is allowed to complete the balance of the Self-Practice, Observation and Apprentice Teaching hours. If more time is needed the participant can petition for additional time, especially for the apprentice teaching hours, however, there may be additional costs for private and self-practice sessions.

Module #3, Comprehensive Pilates Training, is the balance of the final 200 hours on how to apply the exercises and principals to the rest of the equipment – Trapeze (Cadillac), Wunda Chair, Ladder and smaller barrels and Ped-a-Pull. This course is designed to be completed in six months or less from the start of the program. If more time is needed the participant can petition for additional time, especially for the apprentice teaching hours, however, there may be additional costs for private and self-practice sessions.

Prerequisites:

- CPR certified
- Must have participated in a minimum of 10 group or private sessions prior to starting the course
- Applicants must complete the entrance application, complete the prerequisite hours and take a lesson with a certified teacher to be approved for the program.

Module 1: Foundations in Movement Mat Course of Study

A. Required hours for the Mat and Foundations Principals Course:

Classroom hours	60
Self-Practice Hours	35
Observation Hours	10
<u>Apprentice Teaching Hours</u>	<u>15</u>
Total Hours	120

B. Curriculum:

- History and philosophy of Pilates
- Anatomy/kinesiology within the Pilates environment
- Principals of Pilates and movement
- Postural and movement assessments and how it determines programming
- Classical exercises with updated information
- Modifications and variations on the classic exercises
- Common injuries and contraindications
- Use of small props
- Teaching skills: use of verbal and tactile cueing, pacing, sequencing, multi-tasking, etc.
- Safety guidelines
- Scope of practice
- Code of Ethics

Module #1 includes all classroom hours, self-practice, observation, apprentice teaching hours and the test out. If the student fails to pass the test out the first time, there is an additional \$125.00 per test. At the end of the course the student will be awarded a certification stating that he/she Successfully Completed the Foundations in Movement Pilates Mat Course with **Barbara Bruni's Pilates and Beyond**. This will enable you to teach a safe, effective and motivational mat class that will be accepted by clubs, gyms, and studios that accept Pilates Mat trained instructors.

C. Policies:

Classroom Hours: There are 60 Classroom hours to be completed. These will cover the curriculum outlined above. All sixty hours must be completed prior to apprentice teaching.

Self-Practice: There are 35 self-practice hours to complete. Twenty (20) of these should be done at the host studio and can be fulfilled during business hours while there is another approved certified instructor on the premises. Requests for hours from another

approved studio or videos must have prior approval. Twenty (20) must be completed prior to apprentice teaching.

Observation Hours: There are ten (10) observation hours to complete. All of those hours must be at the host studio. All hours must be completed prior to apprentice teaching.

Apprentice Teaching Hours: There are fifteen (15) apprentice teaching hours to complete. The host studio may charge a small sum for clients to take a lesson with you with the understanding that you are in training. The host studio will provide evaluation forms for these clients to fill out after your session to help you improve your skills and increase your knowledge. You are not paid for these mat apprentice classes and/or sessions. If you are not keeping up with your own self-practice, you will be asked to discontinue your apprentice teaching hours until you resume your consistent self-practice. It is recommended that a teacher should continue their own training at least three times a week.

This course is designed to be completed within six months. If it takes longer or a student becomes inactive*, a re-evaluation will occur to see if additional training for an additional cost is necessary.

**Inactive status occurs when a student discontinues their private, self-practice and observation hours for a period of 30 days without prior agreement with Barbara Bruni's Pilates and Beyond.*

D. Cost of the Mat and Foundational Principals Course of Study is \$1000.00
(Training Manual fee is \$50.00)

The tuition covers all hours stated above. It includes use of the studio for self-practice, observation and apprentice teaching hours during normal business hours when a certified instructor is on the premises. All the mat classes at the host studio can be attended with no additional cost while actively in the program prior to test out.

Deposit: A \$100.00 non-refundable holding fee is required with your application to confirm your registration and will be applied toward the tuition.

Payment Option: There is a payment option of \$335.00 (\$235 + \$100 deposit) per month for the first 3 months. Training will begin after receipt of the first tuition payment. Payment in full is required prior to test out.

Refund Policy: Refunds will be issued upon written request and based on a prorated fee scale. There are no refunds on courses once they have been attended.

Termination: If a student drops out without a formal written request once the agreement is signed and is a no-show after thirty (30) days without contacting the administration, there will be no refund of any past payments but is not responsible for further payments. If a student is putting other students or clients in danger or exhibiting other forms of improper behavior, they will be terminated from the program without a refund.

Note: If there is a delinquent payment, the training will cease and will start again once the payment is made. If more than six months lapse, then the student will have to test back in. Additional payments may be necessary if the student needs additional hours to catch up.

Test-out: In addition to fulfilling the above requirements the student must pass the final examination. The exam will consist of a written and a practical test out. The student must be able to demonstrate knowledge of proper verbal, tactile, visual and imagery cueing, pacing and the ability to teach an efficient and effective Pilates Mat session. Also, they must choose the appropriate exercise selection and variations. The student must have mastered the mat exercises within the scope of their ability. The student must possess all safety precautions in the Pilates environment. There will be a case study, and the student must be able to defend their case of appropriate exercise selection. You will also be entitled to apply these hours to the Comprehensive Certification.

E. Additional recommended books for the Pilates Mat Foundations in Movement Course:

Trail Guide to the Body: How to Locate Muscles, Bones and More by Buiel and Dom

Trail Guide to the Body: Student Handbook

Return to Life: by J.H. Pilates

Anatomy of Movement by Blandine Calais-Germain

Module #2a, 2b and 2c: Reformer Training

A. Required hours for the Reformer Training (for each 2a, 2b, and 2c totaling 150 hours):

Classroom or private instruction:	15
Self-Practice Hours	10
Observation Hours	10
<u>Apprentice Teaching Hours</u>	<u>15</u>
Total Hours	50

B. Curriculum:

Reformer repertoire based on classical exercises with
current information on kinesiology, therapeutics and fascial research
Assessment and Evaluation
Risk factors and contraindications
Align clients' goals with assessment and evaluation findings
How to identify imbalances and compensatory movements
How to design a client's Pilates program based on above information
Modifications and Variations
Special Populations (osteoporosis, stenosis, pre-and post-rehab shoulders,
knees, backs, hips, etc.)
Teaching skills: use of verbal and tactile cueing, pacing, sequencing, multi-
tasking, etc.
Safety of movement and use of equipment
Scope of Practice
Code of Ethics

Module #2 (2a, 2b and 2c) includes all classroom hours, self-practice, observation, apprentice teaching, and the test out. If the student fails to pass the test out the first time, there is an additional fee of \$125.00 per test. At the end of the course the student will be rewarded a certification stating that he/she Successfully Completed the Pilates Reformer Instructor Program (Level 1, Level 2 and Level 3) with Barbara Bruni's Pilates and Beyond. This will enable you to design and teach safe, effective and motivational Pilates Reformer programs and will be accepted by clubs, gyms and studios that accept trained Pilates Reformer instructors. You will also be entitled to apply these hours to the Comprehensive Certification.

C. Policies

Classroom Hours: There are fifteen (15) Classroom hours to complete for each Level of this module. These will cover the Pilates curriculum outlined above. All fifteen (15) hours must be completed prior to the start of apprentice teaching.

Self-Practice: There are ten (10) self-practice hours to complete. All of these hours must be done at the host studio and can be fulfilled during business hours while there is another approved certified instructor on the premises. Requests for other hours from another approved studio or videos must have prior approval. All (10) ten hours must be completed prior to teaching apprentice clients.

Observation Hours: There are ten (10) observation hours to complete. All of these hours must be the host studio. Requests for other hours from another approved studio or videos must have prior approval. All 10 hours must be completed prior to teaching apprentice clients.

Apprentice Teaching Hours: There are fifteen (15) apprentice hours to complete. These begin after the necessary hours above are fulfilled. The host studio will charge a small sum for clients to take a lesson with you with the understanding that you are in training. The host studio will provide evaluation forms for these clients to fill out after your sessions to help you to improve your skills and increase your knowledge. You are not paid for your first 5 apprentice hours but will earn an apprentice rate thereafter.

This course is designed to have all classroom hours completed within six months (2 months each) from the start of the program. If it takes longer the student may petition for additional time. If a student becomes inactive*, a re-evaluation will occur to see if additional training for an additional cost is necessary. Also, if you are not keeping up with your own self-practice, you will be asked to discontinue your apprentice teaching hours until you resume your consistent self-practice. It is recommended that a teacher should continue their own training at least three times a week.

**Inactive status occurs when a student discontinues his/her private, self-practice and observation hours for a period of 30 days without prior agreement with Barbara Bruni's Pilates and Beyond. While inactive, all classes will be at full charge.*

D. The cost of the Reformer Instructor Training is \$475.00 for each module
(Complete Reformer Training manual is additional \$50.00)

The tuition covers all hours stated above. It includes use of the studio for self-practice, observation and apprentice teaching hours during normal business hours when a certified instructor is on the premises. There will be a charge for attending the equipment classes at a discounted student rate.

Deposit: A \$100.00 non-refundable deposit is required with the application to confirm your registration and is applied toward the tuition.

Payment Options: There is a two-payment option of \$250.00 (\$150 + \$100 deposit) prior to the start of training and \$250 in sixty (60) days.

Note: If there is a delinquent payment, the training will cease and will start again once the payment is made. If more than six months lapse, then the student will have to test back in. Additional payments may be necessary if the student needs additional hours to catch up.

Refund Policy: Refunds will be issued upon written request and based on a prorated fee scale. There are no refunds on courses once they have been attended.

Termination If a student drops out without a formal written request once the agreement is signed and is a no-show after 30 days without contacting the administration, there will be no refunds of any past payments but is not responsible for further payments. If a student is putting other students or clients in danger or exhibiting other forms of improper behavior, they will be terminated from the program without a refund of past payments but is not responsible for further payments.

Test-out: In addition to fulfilling the above requirements the student must pass the final examination. The exam will be composed of a written and a practical test out. The student must be able to demonstrate knowledge of proper verbal, tactile, visual and imagery cueing, pacing as well as the ability to teach an efficient and effective Pilates session using the Reformer as well as choosing the appropriate exercise selection and variations. The student must have mastered the Reformer exercises within the scope of their ability. The student must possess all safety precautions on and around the Pilates equipment. There will be a case study, and the student must be able to defend their case of appropriate exercise selection.

E. Additional recommended books for the Reformer Instructor Training:
Muscle Testing and Function with Posture and Pain by Kendall and McCreary

Module #3: Trapeze, Chair, Barrels and Small Apparatus Training – This Completes the Comprehensive Training

A. Required hours for the Comprehensive Pilates Instructor Training Course:

Classroom Hours	50
Self-Practice Hours	50
Observation Hours	30
Apprentice Teaching Hours	70
Total Hours	200

B. Curriculum:

The repertoire of the Trapeze (Cadillac), Ladder Barrel, Spine Corrector, Wunda Chair, Ped-a-Pull and small props based on classical exercises with current information on kinesiology, therapeutics and fascial research

Assessment and Evaluation

Risk factors and contraindications

Align clients' goals with assessment and evaluation findings

How to identify imbalances and compensatory movements

How to design a client's Pilates program based on above information

Modifications and Variations

Special Populations (osteoporosis, stenosis, pre-and post-rehab shoulders, knees, backs, hips, etc.)

Teaching skills: use of verbal and tactile cueing, pacing, multi-tasking, etc.

Safety of movement and use of equipment

Scope of Practice

Code of Ethics

Module #3 is the balance of the training needed to complete the work necessary to be considered a Comprehensively Trained Pilates Instructor. These final 200 hours include all classroom hours, self-practice, observation, apprentice teaching, and the test out. If the student fails to pass the test out the first time, there is an additional fee of \$125.00 per test. At the end of the course the student will be awarded a certification stating that he/she Successfully Completed the Comprehensive Pilates Instructor Program with Barbara Bruni's Pilates and Beyond, the teaching program of Pilates Core Training, Inc. This will enable you to design and teach safe, effective and motivational Pilates programs and will be accepted by clubs, gyms and studios that accept comprehensively trained Pilates Instructors.

C. Policies

Classroom Hours: There are fifty (50) classroom hours to complete. These will cover the Pilates curriculum outlined above. All hours must be completed prior to apprentice teaching.

Self-Practice: There are fifty (50) self-practice hours to complete. All of these must be done at the host studio and can be fulfilled during business hours while there is another approved certified instructor on the premises. Requests for other hours from another approved studio or videos must have prior approval. Twenty five (25) hours must be completed prior to teaching apprentice clients.

Observation Hours: There are thirty (30) observation hours to complete. All of these hours must be at the host studio. Requests for other hours from another approved studio or videos must have prior approval. Fifteen (15) hours must be completed prior to teaching apprentice clients.

Apprentice Teaching Hours: There are seventy (70) apprentice hours to complete. These begin after the necessary hours are fulfilled. The host studio will charge a small sum for clients to take a lesson with you with the understanding that you are in training. The host studio will provide evaluation forms for these clients to fill out after your sessions to help you to improve your skills and increase your knowledge. You will not be paid for the first ten (10) sessions but will be paid an apprentice rate thereafter.

This course is designed to be completed within six months from the start of this program. It can be done sooner as it is a self-paced program. If it takes longer a student may petition for additional time. If a student becomes inactive*, a re-evaluation will occur to see if additional training for an additional cost is necessary. Also, if you are not keeping up with your own self-practice, you will be asked to discontinue your apprentice teaching hours until you resume your consistent self-practice. It is recommended that a teacher should continue their own training at least three times a week.

**Inactive status occurs when a student discontinues his/her private, self-practice and observation hours for a period of 30 days without prior agreement with Barbara Bruni's Pilates and Beyond. While inactive, all classes will be at full charge.*

D. The cost of Module The Module 3 Pilates Instructor Training is \$2000.00 (Training manual is \$50.00 additional)

The tuition covers all hours stated above. It includes use of the studio for self-practice, observation and apprentice teaching hours during normal business hours when a certified instructor is on the premises. There will be a charge for attending the equipment classes at a discounted student rate.

Deposit: A \$200.00 non-refundable deposit is required to confirm your registration at the time of application and will be applied toward the tuition.

Payment Options:

1) There is a four-payment option of \$525.00 (\$325 + \$200 deposit) at the start of the program every sixty (60) days. Full payment is required prior to test out.

Note: If there is a delinquent payment, the training will cease and will start again once the payment is made. If more than six months lapse, then the student will have to test back in. Additional payments may be necessary if the student needs additional hours to catch up.

Refund Policy: Refunds will be issued upon written request and based on a prorated fee scale. There are no refunds on courses once they have been attended.

Termination: If a student drops out without a formal written request once the agreement is signed and is a no-show after 30 days without contacting the administration, there will be no refunds of any past payments but is not responsible for further payments. If a student is putting other students or clients in danger or exhibiting other forms of improper behavior, they will be terminated from the program without a refund of past payments but is not responsible for further payments.

Test-out: In addition to fulfilling the above requirements the student must pass the final examination. The exam will be composed of a written and a practical test out. The student must be able to demonstrate knowledge of proper verbal, tactile, visual and imagery cueing, pacing as well as the ability to teach an efficient and effective Pilates session using all pieces of equipment as well as choosing the appropriate exercise selection and variations. The student must have mastered the equipment exercises within the scope of their ability. The student must possess all safety precautions on and around the Pilates equipment. There will be a case study, and the student must be able to defend their case.

Bridge Training

This is a great way for current instructors who have taken training from other Pilates Schools and would like to further enrich their understanding and knowledge base or for those who started training at another school and wish to complete their training with Barbara Bruni's Pilates and Beyond. Contact Barbara Bruni at 850-287-5836 to assess where the best placement will be so you don't have to repeat course material.

Barbara Bruni's **Pilates and Beyond** Pilates Instructor Training Agreement

Host Studio:

Name:	Address:
Apt., Suite:	City, State, Zip:
Home Phone:	Cell Phone:
Work Phone:	Email Address:

Notes:

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This image shows a single sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I understand that I will be participating in a fitness program that will require physical exertion. I recognize that there is a risk of serious injury associated with any fitness program, and I understand that my fitness level is my responsibility and if I experience pain or discomfort I will not continue the exercise. There is no such limitation, medication or medical treatment other than those that I have written on this medical history. I understand that the exercise recommendations in this class do not replace the advice of my physician or other medical practitioner.

I understand that by signing this statement I am agreeing not to hold Barbara Bruni, Barbara Bruni's Pilates and Beyond, Inc. or the host studio, Pilates Core Training, Inc., or any of her agents, employees or insurers responsible for any bodily injury or property damage that I may suffer as a result of my participation in this program at home or elsewhere. As such, I understand and agree that Barbara Bruni, her agents, employees or insurers shall not be liable for any bodily injury or property damage that may result either directly or indirectly from my participation in this fitness program.

By signing below I agree to the above terms, policies and waiver as well as agree that the medical information on the health history is true.

Participant Signature

Date

Printed Name