

Peak Pilates® Comprehensive Certification Pathway

The Peak Pilates® Comprehensive Certification is a three-level modular program that is designed to deliver the highest quality authentic Pilates education. It is the foundational level of Pilates professional education which covers the mat, reformer, tower, chairs, barrels and auxiliary equipment. The Comprehensive Certification is a classical Pilates education program distinguished by an emphasis on Pilates as an integrated movement system as Joseph Pilates intended. The three-level pathway to the Peak Pilates® Comprehensive Certification allows you to progress at your own pace. An extensive Teacher Trainer Network also ensures support and opportunities for mentorships that empower students to become effective instructors and genuinely feel part of the Pilates community.

The Peak Pilates® Comprehensive Certification prepares you to instruct a range of individual clients and group classes, and teaches you how to modify exercises for special populations. The 600-800 hour Peak Pilates® Comprehensive Certification includes instruction in classical mat work and exercises performed on traditional Pilates apparatus.

Each level is comprised of specific modules, generally scheduled over two days. Students may earn a certification at each level by attending all modules, completing all assignments, successfully completing assessments, submitting logged hours and receiving passing scores on assessments. To earn the Peak Pilates® Full Comprehensive Certification, you must complete all program levels, assignments, logged hours, and receive passing scores on all assessments.

Level I (4 Modules)

Level I Module 1: \$685 includes materials

Module I (2 days)

- Explore the history and benefits of Pilates.

- Develop the foundation of working with Key Concepts and Fundamentals.
- Start building the Pilates vocabulary.
- Learn the 5 Part Formula for Success which teaches the instructor HOW not just WHAT to teach.
- Study the introductory exercises on Mat, Reformer, Tower and Wall.
- Prepare to begin practice teaching for Group Mat and Full Session private lessons.

Course Materials included with registration: Peak Pilates Introductory Virtual Manual, Exercise Pages and online video library for Intro Mat, Reformer, Tower, and Wall, Level I Mat Progressions online workout video, Full Session Online Video Workout, narrated PPT presentations, online audio tutorials, handouts, and the Module I Study Guide.

Level I Module 2: \$685 includes materials

Module 2 (2 days)

- Curriculum expands upon the foundational concepts introduced in Module 1, and adds exercises on Mat, Reformer, and Cadillac.
- Introduce Small Barrel, Ladder barrel, and Power Circle.
- Emphasis on developing instructors understanding of movement, cueing, spotting and touch technique.
- Drills and activities which prepare participants to gain the skills needed in real life teaching.

Pre-Requisite: Completion of Module 1.

Course Materials included with registration: Module 2 Peak Pilates Online Exercise Library and Exercise Pages, Virtual Manual, Beginner Dynamic Mat online workout video, narrated PPT presentations, handouts, online audio tutorials, and the Module 2 Study Guide.

Level I Module 3: \$685 includes materials

Module 3 (2 days)

- Refine teaching skills, explore progression with additional Part C/ Individual Needs exercises on the Cadillac, Spine Corrector, Ladder Barrel, and Chairs.
- Explore teaching entry level Reformer classes for healthy students.
- Prepare for working with chronic lower back pain of an unspecific nature.

Pre-Requisite: Completion of Modules 1 & 2.

Course Materials included with registration: Module 3 Peak Pilates Online Exercise Library, Exercise Pages, Study Guide, Virtual Manual, narrated PPT presentations and online audio tutorials.

Level I Module 4: \$685 includes materials

Module 4 (2 days)

- Assessment of exercise technique, Group Mat and Reformer teaching,

and Private Full Session teaching.

Pre-Requisites:

- 100% attendance of Modules 1, 2 and 3.
- Completion of all 100 required hours for observation, exercise technique, practice teaching practice and assignments in the Study Guide for all modules.
- The Level I online theoretical exam must be completed prior to attending this module.

Course Materials: Level I Module 4 Study Guide, Module 4 Virtual Manual, Case Studies, Student Assessment Guide, Self-Evaluation Tools, and Practice Exam are included with registration.

The Peak Pilates Level I Comprehensive Instructor Certification is awarded upon successful completion of all required elements and assessments.