

# PEPILATES

INSPIRATION IN MOVEMENT

## The Pilates Center™ Advanced Teacher Training Program *Information Pack*



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the **PILATES**  
center

Dear Future Teachers,

Thank you for your interest in The Pilates Center's Advanced Teacher Training Program at Pepilates!

Inside this information pack you'll find the full details of the program, including the entrance requirements, a breakdown of the hours you will need to complete, course fees and payment plan, frequently asked questions, and trainee perks. We've also taken a bit of time to tell you why we think The Pilates Center's program is the best out there, and why we'd love for you to join us here at Pepilates.

I've been running the course for over three years now, and our studio has been home to many teachers-in-training from London, other parts of the UK, as well as France and Hong Kong. We love the energy that the trainees bring to the studio, taking advanced classes, practice teaching their volunteer clients, observing our teachers and supporting each other through the many evaluations and final exams. We strive to provide a welcoming and encouraging environment for our trainees to learn and grow, and the feedback we've had from our graduates attests to the quality both of the program itself and our teacher training team.

If you have any questions after reading through this information, please don't hesitate to contact me at [lucinda@pepilates.co.uk](mailto:lucinda@pepilates.co.uk), and we'll arrange to speak over the phone, on Skype, or in person at the studio. The studio itself is full of grads and trainees, so you're always more than welcome to pop down for a class or a chat and I'm sure they'd all be happy to talk to you about their experiences on the course.

We look forward to meeting you soon!

All the best,

Lucinda Pepper  
Director of Education

## Why choose The Pilates Center's Advanced Teacher Training Program?

*“Having researched the different teacher training options out there, the Advanced Teacher Training Program at Pepilates was the obvious choice. Though it was a year full of sweat and tears, I'm so glad I decided to train at Pepilates.”*

- Lorna, TPC Grad

**The Advanced Teacher Training Program was one of the first formalized comprehensive training program in the industry.** Sisters Amy Taylor Alpers and Rachel Taylor Segel designed the program in 1991, under the guidance of their teacher – Joseph Pilates' protégé Romana Kryzanowska – and her assistant Steve Giordano.

**The Advanced Teacher Training Program remains the most comprehensive course in the industry.** At 950 hours, the program is the standard bearer of industry quality and integrity. The course has since become known as the 'Harvard of Pilates teacher training programs' and is by far the most intense and in-depth available.

**Pilates Center graduates are some of the most sought-after in the world.** Whilst most teacher training programs focus largely on teaching exercises, the Advanced Teacher Training Program encourages students to fully embody the principles and skills of the Pilates Method, as expressed in Joseph Pilates' seminal work, *Return to Life*. Our graduates learn to view the work as one whole, full-body system, to embrace the spirit of 'Contrology', and to share their deep understanding of the work with their clients.

**The legacy of Joseph Pilates is palpable.** Less comprehensive, modular courses only offer a glimpse into the world of Pilates. We teach the full repertoire of the Pilates exercises, beginner to advanced, on all pieces of Pilates apparatus and small equipment – as passed from Joe to Romana, and Romana to Amy and Rachel, and from Amy and Rachel to you.



Learn more about Amy, Rachel, and The Pilates Center by visiting their website:

[www.thepilatescenter.com](http://www.thepilatescenter.com)

## Why train at Pepilates London?

**Pepilates is the only studio licensed to offer The Pilates Center's training programs in the UK.** Only a handful of studios, hand-picked by Amy and Rachel, offer The Pilates Center's training programs. Outside of North America, there are only two licensed studios – London and Dubai. Students from outside of London and the UK are able to complete the program at Pepilates, saving costly travel to Boulder, CO.

**London has the highest concentration of Pilates Center grads outside of the US, with ten based at Pepilates.** Pepilates has been offering the Advanced Teacher Training Program since 2012, has passed 15 students, with 7 more on the program this year. The Pilates industry in the UK is growing, and demand for Pepilates grads is increasing as clients demand a higher standard of teacher. As our teaching community grows, so does our ability to learn from, teach with, and support each other in our careers.

**Lucinda and the Teacher Training Program staff are dedicated to your success.** Lucinda is a Pilates Center Licensed Teacher Trainer, co-owner of Pepilates, and Director of Education. She has been teaching Pilates for ten years, and continues to train with The Pilates Center during their annual conferences in Boulder, CO. She has chosen a team of dedicated advisors, graduates of the Advanced Teacher Training Program, whose role it is to guide you through the course and help you on the path to becoming the best teacher you can be.

**Pepilates is a centre of excellence in the Pilates industry.** Pepilates has been operating in Clapham since 2009, and in 2015 opened its second location in Wimbledon. We are a staff of 21 strong, and have a busy schedule of clients who can attest to the fact that our teachers are some of the most highly trained, dedicated, and compassionate teachers in the industry. Pepilates regularly hosts international 'master teachers' for workshops and training events, and is committed to promoting and meeting the demand for high-quality Pilates lessons in London and further afield.



## Course Overview

### Entrance Requirements

In order to audition for the Advanced Teacher Training Program, applicants must pass a Level III Reformer Performance Evaluation. Applicants must be injury-free, at least six months post-partum (if applicable), and not currently pregnant.

### Course Commitment

The Advanced Teacher Training Program is 12 months long. Students will complete 950 hours over the year, and should expect to dedicate a minimum of 15 hours per week to the internship component.

## Advanced Teacher Training Program – Hours Breakdown

#### Orientation – 5 hours at Pepilates

New Student Orientation	3 hours
Case Study Orientation	2 hours

#### Formal Lectures - 120 hours via iTPC\*

Cycle 1 Formal Lectures	60 hours
Cycle 2 Formal Lectures	60 hours

#### Advisor Meetings - 5 hours at Pepilates (or with Host Advisor)

First Advisor Meeting	1 hour
Second Advisor Meeting	1.5 hours
Third Advisor Meeting	1.5 hours
Fourth Advisor Meeting	1 hour

#### iTPC

iTPC is The Pilates Center's online platform, where you will record your internship hours, submit your written work, and where you will watch Amy and Rachel teaching the Formal Lecture Series. For more information: [www.thepilatescenter.com/teach/itpc](http://www.thepilatescenter.com/teach/itpc)

#### Internship - 800 hours at Pepilates

##### (or with Host Advisor)

Practice Teaching	250 hours
Observations (70 at Pepilates)	200 hours
Personal Workouts	150 hours
Lessons (60 at Pepilates)	100 hours
Miscellaneous	42 hours
Case Study	40 hours
Observed Teaching (at Pepilates)	10 hours
Teaching Clinic (at Pepilates)	8 hours

#### Exams - 20 hours at Pepilates

Written Exam 1	2 hours
Performance Evaluation	2 hours
Written Exam 2	2 hours
Practice Performance	2 hours
Practice Practical	2 hours
Written Exam 3 (at home)	6 hours
Final Performance	2 hours
Final Practical	2 hours

### Graduation Requirements

Students must successfully complete all of the above hours, including passing the Level V Final Performance Exam, the Level V Final Teaching Exam, and Written Exam 3 (essay-based). Students who pass the course will then receive a certificate from The Pilates Center, and be fully qualified to teach Pilates worldwide. Students will also be eligible to sit the PMA Certification Exam.

## Course Fees

### Enrolment Fees

**Application Fee** (non-refundable) .....£70

*This covers the processing of your application*

**Program Evaluation Fee** (non-refundable) .....£50

*This covers the evaluation of your entrance performance/video*

**Total £120**

### Program Costs

**Registration Fee** (non-refundable) .....£175

*This is paid upon being accepted to the course and covers your course materials, admin relating to your registration and your orientation onto the course.*

**Tuition** (excluding lessons\*) .....£4,025

*Includes: Orientations, Teaching Clinics, Symposiums, Advisor Meetings, Observed Teachings, studio hire for Workouts and Practice Teaching, and access to iTPC.*

*\*Please note that lessons are **NOT** included in the program tuition, and costs will vary*

**Exams**.....£1,500

*Includes: Performance Evaluation, Practice Performance and Practical, Final Performance and Practical, as well as three written exams.*

**Total £5,700\***

\*£6,000 with payment plan

#### Payment Plan

(includes £300 admin fee)

Month 1	£500
Month 2	£500
Month 3	£500
Month 4	£500
Month 5	£500
Month 6	£500
Month 7	£500
Month 8	£500
Month 9	£500
Month 10	£500
Month 11	£500
Month 12	£500

#### Additional Variable Costs

##### Lessons

60% of classes must be taken at Pepilates for local students. The remaining 40% must be taken with a TPC grad. Trainees receive 10% off group classes at Pepilates. Class prices vary, expect to spend a minimum of £1,100 and up to £5,250

##### Books

You will be required to complete a reading list as part of the course. In addition, lecture workbooks are optional. Most books will be on sale at Pepilates with an estimated cost of £250, and workbooks a total of £160 (£40 each). There is also a library open to trainees at Pepilates that includes all of the required reading and copies of the workbooks.

##### Observations

Free at Pepilates but costs may be incurred at other studios.

## Frequently Asked Questions

### **1. What are the employment prospects for a Pilates teacher in London/the UK/my country. Or Pepilates?**

Pilates is a fast-growing industry in the UK and throughout the world, and as some of the most highly qualified instructors our graduates have very good employment prospects.

As a Pilates teacher, expect to be self-employed, work up to 25-30 hours a week full-time, and depending on the demand in your location and your interests, to work for other studios and/or hire spaces in which to deliver your own classes. Many teachers also start at-home studios, or travel to clients' houses for private lessons. There is also increasing demand at gyms and in the corporate world for Pilates classes, not to mention a growing industry of Pilates retreats abroad. Expect to earn £25-40 an hour, again depending on whom you work for, what kind of classes you teach and what the market rate is where you live.

At Pepilates, we are certainly looking to expand over the coming years and our preference will be to give work to the teachers we have trained.

Teaching Pilates is a highly rewarding career, it is flexible, satisfying, and enriching. Whether you decide to teach part-time or full time, in a studio or in a gym, for yourself or for other business owners, abroad or at home, you will be able to create your own balance and touch the lives of so many clients.

### **2. How do I know if I'm ready for the Advanced Teacher Training Program?**

In order to audition for the course, you need to be able to perform Level III Reformer. (i.e. not led in a class, but on your own). This means you have the knowledge and experience with the classical Pilates repertoire up to at least an intermediate level. This probably means you have been taking classes at Pepilates (or with another TPC grad or qualified classical teacher), for some time.

You also need to be prepared for an intense and challenging (but highly rewarding!) year. The Advanced Teacher Training Program is a 12-month commitment, and you must be injury free, at least six months post-partum, and not currently pregnant.

If you have any doubts, the first step is to book a Private session with Lucinda, who will evaluate your readiness for the course and advise you as to any further steps to ensure the success of your audition.

### **3. What if I am interested in the program, but am not yet capable of performing Level III Reformer? If I am not sure what that means?**

As above, the first step is to schedule a Private lesson with Lucinda, to assess where you are, and how we can help you prepare for the audition. Lucinda will be able to help you put together a program – of lessons, classes, and workouts – so that you will feel confident when you are ready to audition.

If you are not new to Pilates, but are new to Pepilates or not sure what defines 'classical Pilates' or 'Level III Reformer', again please schedule a class with Lucinda. Depending on where you've trained in the past, you may find the exercises – or the order of the exercises – a bit different.

Depending on your level of fitness, your experience with classical Pilates, and your ability to commit to preparing yourself for the audition, Lucinda should be able to give you an idea of how long it might take you

to prepare. At Pepilates we've got a full team of TPC grads and trainees excited to welcome you to the studio, teach you, and help you prepare for your audition!

#### **4. Why is this course so long, so intensive (and not to mention, expensive!)?**

The Pilates Center's Advanced Teacher Training Program was the first comprehensive teacher training course in the industry. It covers the entire Pilates repertoire from beginner to advanced, and trainees are supported to achieve the advanced work both in their own bodies and in their teaching. Think Squirrel, Inversions, High Bridge, Russian Squats, Crab, Rocking, Plie Front on Paddle...all of the exercises that many teacher training programs don't cover.

We firmly believe that in order to teach the work well you need to embody it and understand it in its entirety, so whereas other courses are broken down into modules – and only encourage trainees to get to an intermediate level in their bodies – The Pilates Center's course takes you deeper into the work, to ensure that you graduate with a complete understanding of the Pilates Method, not just how to teach a handful of exercises.

Your teachers at Pepilates will guide you to places you didn't know you could go, and you will learn to lead your clients to achieve things they didn't think possible. We strive to empower you so that you might empower others with the incredible power of movement.

Lots of teachers who originally trained with other schools end up re-training with The Pilates Center (yes, it's that good!). If you're still researching your options and would like to speak to someone about why you might choose The Pilates Center's course, ask to speak to a grad – they can best describe to you why they chose the Advanced Teacher Training Program over the other shorter, cheaper options out there.

*“I decided to audition and enrolled on the course in February 2015. Now eight months in I haven't looked back! I would highly recommend anyone to try this place out and hopefully you will see how amazing Pilates really can be!”*

**- Georgie, TPC Trainee**

#### **5. Can I do the course if I'm working a full-time job, and /or can only make it to the studio evenings/weekends?**

Absolutely, but be prepared for a challenge! This is London after all, and most of our trainees are working at least part-time alongside their training. But no matter your work commitments, you will still need to find time to dedicate at least 15 hours a week to your internship.

The studio is open until 9pm weekdays and both Saturdays and Sundays, so even if you are working 9-5 you should still be able to fit in your observations, lessons, practice teaching, etc. Lectures will be completed online from home via iTPC, so you have the flexibility to fit these hours in around your schedule.

You will however need to make yourself available for some of the pre-scheduled compulsory elements of the course, such as Orientations, Teaching Clinics, Symposiums, and Exams – which may be scheduled during weekdays, but you will have most of these dates in advance.

## **6. I have an injury, can I still do the course?**

Unfortunately, no. Due to the intensity of the course we are only able to accept healthy bodies, but we would encourage you to visit us for some classes, so that we might help you get on track to be able to take part at a later date.

## **7. I've just had a baby, can I still do the course?**

Yes, this is possible providing you are a minimum of six months post-partum. Please also refer to Questions 1 & 2, above.

## **8. Can I do the course if I don't live near Pepilates?**

Yes, absolutely. There will be some compulsory components of the course that you will have to attend at Pepilates (Orientation, Teaching Clinics, Symposiums, Exams, etc.), but you will have most of these dates in advance. Lectures will be completed via iTPC, so you will be able to go through these from home.

You may complete your internship hours at a local studio, provided you have access to a Pilates Center graduate to mentor you. If you have access to a Host Advisor (as in Sarah and Rachel at Pilates-Train-Me in Reading), you will be able to complete your Advisory Meetings and Observed Teachings with your Host Advisor, otherwise these must be completed with your advisor at Pepilates.

If you are not sure if you live near a TPC grad, please check The Pilates Center's listings here: <http://thepilatescenter.com/directory>. If you do not live near a grad but would still be interested in discussing commuting for the course, please speak to Lucinda to discuss your options.

## **9. How much time would I need to allocate per week to the course?**

You will need to allocate a minimum of 15 hours per week to your internship, and will have to complete 120 hours of online lectures from home over the year.

## **10. How much reading will I have to do on the course?**

There is a required reading list, you will be encouraged to read and analyse some of these books several times, others you will only dip in and out of. The course is largely practical so expect these books to have more of a supporting role.

## **11. Do I need to have teaching experience to start the course?**

No. Although some of our trainees are already teachers who are retraining, teaching experience is not a prerequisite for the course.

## **12. How much will I spend on lessons while I'm on the course?**

You will have to take a minimum of 100 hours of lessons with a Pilates Center graduate whilst on the course. For local students, 60 of these must be taken at Pepilates. These classes may be a combination of both group and private classes, and trainees at Pepilates receive a 10% discount on group classes. It is advised to budget for a minimum of £1,100, and up to £5,250 if you intend to take private classes only.

**13. What happens if I get ill, injured, behind on the course or something major happens in my life which means that I cannot keep up with my internship and/or study?**

If something major happens and you cannot keep up with the course, you can go on hold for free for up to one year. During your time on hold all trainee benefits are suspended, and any hours you complete cannot be counted towards the course. Depending on the length of the hold, you may be required to pass an assessment in order to re-join the course.

If you simply get behind on the course, there is the option to purchase an extension, which enables you to continue the course beyond 12 months whilst continuing to receive the support of our teacher trainers.

**14. Will I be able to work as a teacher while I am training on the program?**

If you are a teacher already, then yes and your teaching hours can be counted towards your internship.

If not, then you will not be able to teach until you have passed the halfway point in the course, after which you will have completed 450 hours and be eligible to take the Pilates Method Alliance Certification Exam. At Pepilates, our policy is to sometimes offer cover work to trainees near the end of their course, but we do not employ trainees as full-time teachers until they have successfully completed the course.

## Trainee Perks

- ✓ 10% discount on group classes at Pepilates
- ✓ 20% discount on workshops at Pepilates
- ✓ Free use of the studio for workouts and practice teaching
- ✓ Free classes with other trainees on the course
- ✓ Free observations at Pepilates
- ✓ Free use of the Library at Pepilates

***To Apply, please complete the attached Application Form along with the £70 non-refundable fee. Lucinda will then be in touch to schedule your audition. If you have any questions, please contact us at [lucinda@pepilates.co.uk](mailto:lucinda@pepilates.co.uk) or on +44(0)2074983359.***