

Training Overview

PILATES TEACHER TRAINING & EDUCATION

Balanced Body® is your partner in mind body fitness. We create learning opportunities that are stimulating, personal and deeply rooted in the art and science of movement. Learn and grow with programs that develop your mind, your body and your career.

From instructor training to our renowned Passing the Torch™ mentorship and Pilates on Tour® conferences, we are committed to supporting your personal and professional growth.

BALANCED BODY OFFERS THREE LEVELS OF PILATES INSTRUCTOR TRAINING

- » Balanced Body Mat Instructor
- » Balanced Body Reformer Instructor
- » Balanced Body Apparatus Instructor

WHY CHOOSE BALANCED BODY

Our Pilates instructor training program will open your mind to the magic of movement and the joy of teaching.

Our faculty are experienced, caring and passionate Pilates instructors from a wide variety of backgrounds. Their rich diversity of experience and perspectives allow us to offer courses appropriate for studio, fitness and rehabilitation environments.

Our curriculum is rooted in the classical work with branches that reach into every corner of the Pilates family tree. You will learn the work that Joseph Pilates taught as well as variations and modifications developed in response to scientific advances and the needs of today's student for work that is safe, effective and fun.

Our locations are global. Balanced Body offers courses at over 100 locations worldwide, or we can bring an instructor to you for an On Site training course at your facility if that is more convenient. Balanced Body is committed to working internationally and our manuals are available in Italian, French, Spanish, Russian, Chinese (Mandarin) and Japanese.

BALANCED BODY® MAT INSTRUCTOR TRAINING

Pilates Mat work is the foundation of Pilates. The Balanced Body Mat program includes the full repertoire of Pilates exercises, along with modifications and variations designed to make you successful with a wide range of clients.

Mat 1 Beginning and Intermediate Exercises (16 hours)

Prerequisite: 1 year experience teaching movement, 20 Pilates Mat Classes

Mat 2 Intermediate/Advanced Exercises (16 hours)

Prerequisite: Mat 1

Additional Requirements for Completion

- » 25 personal sessions and 45 teaching hours or
- » 20 personal sessions, 15 observation hours and 35 teaching hours
- » Final written and practical test

Total hours for Mat Instructor Training: 102

BALANCED BODY® REFORMER INSTRUCTOR TRAINING

The Pilates Reformer is an extraordinarily flexible piece of exercise equipment providing resistance and support for exercises involving every part of the body. Our program gives you a thorough understanding of how the Reformer can develop core and extremity strength, stability, flexibility, coordination and balance. The wide range of exercises provides a stimulating and fun workout for clients at any level of ability.

Reformer 1 Beginning Exercises (18 hours)

Prerequisite: 2 years experience teaching movement, anatomy, 30 Pilates Reformer classes or personal training sessions. Mat Instructor training is required.

Reformer 2 Intermediate Exercises (16 hrs)

Prerequisite: Reformer 1

Reformer 3 Advanced Exercises & Sports Specific Programs (14 hours)

Prerequisite: Reformer 2

Additional Requirements

- » Anatomy
- » Balanced Body Mat instructor or equivalent
- » 50 personal sessions and 100 teaching hours or
- » 30 personal sessions, 30 observation hours and 90 teaching hours
- » Final written and practical test

Total hours for Reformer Instructor Training: 198

BALANCED BODY® APPARATUS INSTRUCTOR TRAINING

The Balanced Body Apparatus instructor program includes the Mat and Reformer training and completes the Pilates system with courses on the Trapeze Table (or Tower), Chair and Barrels.

Trapeze Table or Tower (18 hours) or Apparatus 1 (14 hours)

Prerequisite: Reformer 2 or equivalent

Pilates Chair (14 hours) or Apparatus 2 (12 hours)

Prerequisite: Reformer 2 or equivalent

Pilates Barrels (6 hours) or Apparatus 3 (12 hours)

Prerequisite: Reformer 2 or equivalent

Additional Requirements for Completion

- » Anatomy
- » Balanced Body Mat instructor or equivalent
- » Balanced Body Reformer instructor or equivalent
- » 45 personal sessions and 105 teaching hours or
- » 35 personal sessions, 20 observation hours and 95 teaching hours
- » Final written and practical test

Total hours for completion of Apparatus Instructor training: 188

Total hours for completion of full program: 488

WHERE CAN I STUDY?

Balanced Body offers courses worldwide through our Balanced Body Host Sites or On Site at your facility. You can find all of Balanced Body's classes on the Education Finder at pilates.com/education-finder.

CONTINUING EDUCATION AND MORE

In addition to the Pilates instruction training program, Balanced Body offers exceptional continuing educational opportunities. These include world-renowned Pilates on Tour®, which sets the standard for high quality continuing education; Passing the Torch™ mentorship program; outstanding workshops and partner programs; and training on our revolutionary, new mindful movement apparatus – the CoreAlign®.



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Looking for inspiration?
Check out Pilates On Tour®,
the #1 Pilates conference
for continuing education.