

2017 Schedule

Peak Pilates Comprehensive Certification Pathway

The Peak Pilates comprehensive certification pathway comprises three levels and culminates with a comprehensive assessment. During each level, students complete course contact hours as well as observation, personal practice and teaching hours, for a cumulative total of 500 hours.

Maintaining a certification requires earning a minimum of 14 CECs every two years or advancing to the next level.



Note: Class dates are subject to change – Please confirm with instructor

2017 Schedule

Peak Pilates Comprehensive Certification Pathway

LEVEL I | 200 HOURS: 80 course contact hours | 120 logged hours

LEVEL I MODULES	KEY TOPICS	PRICE & MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days / 20 hours Sept. 28-30, 2017 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm	<ul style="list-style-type: none"> Pilates history 5-Part Formula for Success Pilates Fundamentals Key Concepts Introductory mat exercises Mat cueing, transitions, progression 	Workshop: \$599 plus Training Materials Materials: Level I DVD Level I/Module 1 Manual: 1. Introduction 2. Teaching Pilates 3. Progression 4. Anatomy 5. Mat Course Prep Packet	Before the module: <ul style="list-style-type: none"> Possess basic knowledge of anatomy and kinesiology. Complete 20 hours of training: apparatus and classical mat. Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Attend next module 4-6 weeks later.
MODULE 2 2 ½ days / 20 hours November 2-4, 2017 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm	<ul style="list-style-type: none"> Introductory reformer Reformer cueing, transitions, touch techniques and spotting Introductory Cadillac, wall and Power Circle Alignment and touch techniques Introductory High Chair, Small Barrel and Ladder Barrel 	Workshop: \$599 plus Training Materials Materials: Level I/Module 2 Manual: 1. Reformer 2. Cadillac/Tower 3. Chair 4. Barrel 5. Endings Course Prep Packet	Before the module: <ul style="list-style-type: none"> Complete Level I/Module 1. Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Attend next module 4-6 weeks later.
MODULE 3 2 ½ days / 20 hours June 8-10, 2017 Nov. 30 – Dec. 2 2017 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm	<ul style="list-style-type: none"> Introductory Low Chair Reformer add-ins Alignment in different body positions and common errors Reformer technique, transitions and rhythms More Ladder Barrel exercises Session Format Part C workshop 	Workshop: \$599 Materials: Course Prep Packet	Before the module: <ul style="list-style-type: none"> Complete Level I/Module 2. Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> Practice, observe and teach to fulfill logged hours. Prepare for assessments in Module 4. Attend next module 4-6 weeks later.
MODULE 4 2 ½ days / 20 hours July 13-15, 2017 January 18-20 2018 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm	<ul style="list-style-type: none"> Practice teaching Technique and teaching feedback Theoretical review Assessments on final day: Theoretical Exam (written) Technique Assessment Teaching Assessment 	Workshop: \$599 Materials: Course Prep Packet	Before the module: <ul style="list-style-type: none"> Complete Level I/Module 3. Complete DVD and reading assignments. Complete 120 logged hours for Level I. During the module: <ul style="list-style-type: none"> Attend and participate fully in all sessions. Certification: <ul style="list-style-type: none"> A Peak Pilates Level I Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.



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Peak Pilates Comprehensive Certification Pathway

LEVEL II 200 HOURS: 100 prerequisite hours | 40 course contact hours | 60 logged hours

Attend Level II 8-12 weeks after completing Level I

LEVEL II MODULES	KEY TOPICS	PRICE & MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days / 20 hours October 5-7, 2017 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm	<ul style="list-style-type: none"> • Mat techniques and Level II exercises • Mat transitions • Pilates Fundamentals • Reformer technique and transitions • Reading bodies • Cadillac exercises 	Workshop: \$599 plus Training Materials Materials: Level II DVD Level II/Module 1 Manual: 1. Teaching Pilates 2. Progression 3. Anatomy 4. Mat 5. Reformer 6. Cadillac/Tower Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Achieve Level I certification. • 100 prerequisite hours: 40 hours personal practice/20 hours observation/40 hours teaching. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 6-8 weeks later.
MODULE 2 2 ½ days / 20 hours June 15-17, 2017 Dec. 7-9, 2017 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm	<ul style="list-style-type: none"> • Mat techniques • Low Chair Exercises • Spine Corrector exercises • Touch technique • Cueing variations • Group reformer teaching • Case study essay assignment • Assessments on final day: Theoretical Exam (written) Technique Assessment Teaching Assessment 	Workshop: \$599 plus Training Materials Materials: Level II/Module 2 Manual: 1. Chair 2. Barrel 3. Endings Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level II/Module 1. • Complete DVD and reading assignments. • Complete 60 logged hours for Level II. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. Certification: <ul style="list-style-type: none"> • A Peak Pilates Level II Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.



2017 Schedule

Peak Pilates Comprehensive Certification Pathway

LEVEL III 100 HOURS: 40 course contact hours | 60 logged hours

Attend Level III 6 weeks after completing Level II

LEVEL III MODULES	KEY TOPICS	PRICE & MATERIALS	COURSE REQUIREMENTS
MODULE 1 2 ½ days / 20 hours August 3-5, 2017 Thurs: 8:00 am – 5:00 pm Fri: 8:00 am – 5:00 pm Sat: 8:00 am – 12:00 pm	<ul style="list-style-type: none"> • New mat and reformer exercises • Practice teach mat full order • Lower body anatomy • Reformer touch technique • New Cadillac exercises • Shapes in space • Signs of readiness 	Workshop \$599 plus Training Materials Materials: Level III DVD Level III/Module 1 Manual: 1. Teaching Pilates 2. Progression 3. Anatomy 4. Mat 5. Reformer 6. Cadillac/Tower Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Achieve Level II certification. • Complete DVD and reading assignments. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Attend next module 6-8 weeks later.
MODULE 2 2 ½ days / 20 hours September 14-16, 2017 Thurs: 8:00 am – 5:00 pm Fri: 8:00 am – 5:00 pm Sat: 8:00 am – 12:00 pm	<ul style="list-style-type: none"> • New High Chair, Low Chair and barrel exercises • Auxiliary equipment exercises • Jump board • Case studies • Action plans for assessment 	Workshop: \$599 plus Training Materials Materials: Level III/Module 2 Manual: 1. Chair 2. Barrel 3. Endings Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level III/Module 1. During the module: <ul style="list-style-type: none"> • Attend and participate fully in all sessions. After the module: <ul style="list-style-type: none"> • Practice, observe and teach to fulfill logged hours. • Take final assessment 8 weeks later.
Final Comprehensive Assessment 1 day / 6 hours October 27, 2017 8:00 am – 2:00 pm	<ul style="list-style-type: none"> • Theoretical Exam (written) • Technique Assessment • Teaching Assessment 	Assessment Fee: \$225 Materials: Course Prep Packet	Before the module: <ul style="list-style-type: none"> • Complete Level III/Module 2. • Complete 60 logged hours for Level III. Certification: <ul style="list-style-type: none"> • A Peak Pilates Comprehensive Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years.