

2018 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



2018 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 March 29-31, 2018 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm Sept. 20-22, 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"> • 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 May 3-5, 2018 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm Oct. 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"> • 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 May 31-June 2, 2018 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm Nov. 29-Dec. 1, 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"> • 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 June 28-30, 2018 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm Jan. 17-19, 2019 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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LEVEL II 200 HOURS: 100 prerequisite hours | 40 course contact hours | 60 logged hours

LEVEL II MODULES				KEY TOPICS				PRICE & MATERIALS				COURSE REQUIREMENTS			
Level II Prep for February Class: Thurs., January 25 th , 2018 For October Class: Sept. 27 th Time for both: 1:00 to 6:00 P.M.															
MODULE 1 2 ½ days / 20 hours February 8-10, 2018 Thurs: 8 am – 5:00 pm Fri: 8 am – 5:00 pm Sat: 8 am – 12:00 pm October 4-6, 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"> • 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 April 5-7, 2018 Nov. 15-17, 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"> • 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. 			

Attend Level II 8-12 weeks after completing Level I



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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
Level III Prep for April Class: Thursday, March 23rd, 2018 Time : 12:00 to 5:00 P.M.			
MODULE 1 2 ½ days / 20 hours April 19-21, 2018 Thurs: 8:00 am – 5:00 pm Fri: 8:00 am – 5:00 pm Sat: 8:00 am – 12:00 pm July 19-21, 2018 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 June 7-9, 2018 Thurs: 8:00 am – 5:00 pm Fri: 8:00 am – 5:00 pm Sat: 8:00 am – 12:00 pm August 16-18, 2018 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 July 13, 2018 9:00 am – 3:00 pm September 14, 2018 9:00 am – 3:00 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.