

Training Courses

THE FOUNDATION COURSE

Cost \$ 550.00

Duration: 20 hours

15 CEC's



***This course is essential and required for all other training courses*.**

The goal of this course is to provide the theoretical knowledge behind a Pilates based approach to exercise prescription. The participant can expect to gain an understanding of postural and muscular imbalances and how to correct these with innovative exercises as they relate to Pilates based training. Students will gain an understanding of spinal stability and how stability training can be safely progressed and integrated into fitness training. The concept of pain inhibition and contraindicated exercises will also be explored. Students will understand how the Pilates based method of training maybe integrated into their overall fitness programming.

Special attention will be placed on educating participants when it is appropriate to refer to an allied health or medical professional for rehabilitation.

MODULE TWO: THE REFORMER

Cost \$ 1400.00

Recommended 100 self mastery hours

15 CEC's

Limited 12 people



The Reformer course will integrate the theoretical knowledge obtained in the Foundation Course to provide the Personal Trainer with the practical applications of Pilates based exercises on the Reformer. The resistance training movements demonstrated in this course will focus on beginner to intermediate repertoire. Special emphasis will be placed on transitions of movement, which will enable the trainer to create an uninterrupted flow of exercises. This course will **focus** on enabling the trainer to design a program that effectively uses the concepts of tolerance and load. Special attention will be given to understanding the different training needs of men and women when using Pilates based exercises. Students will also identify and develop the teaching skills necessary to effectively guide a client through complex movement patterns that enhance **functional movement**.

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MODULE THREE: THE COMBO CHAIR

Cost \$ 1400.00

Recommended 100 self mastery hours

15 CEC's

Limited 12 people



This Combo Chair course will integrate the theoretical knowledge obtained in the Foundation Course to provide the Personal Trainer with the practical applications of Pilates based exercises on the Chair. The multi-plane resistance training exercises demonstrated in this course will focus on the beginner to advanced level. Special emphasis will be placed on transitions of movement, which will enable the trainer to create an uninterrupted flow of exercises. This course will focus on enabling the trainer to design a program that effectively uses the concepts of tolerance and load. Special attention will be given to understanding the different training needs of men and women when using Pilates based exercises. The course will identify and further develop the teaching skills necessary to effectively guide a client through complex movement patterns that enhance functional movement.

Additional training will be provided on the “Exo Chair”, a light -weight, portable chair designed for group or home studio use.

MODULE FOUR: THE TRAPEZE TABLE

Cost \$ 1400.00

Recommended 100 self mastery hours

15 CEC's

Limited 12 people



This Trap Table course will integrate the theoretical knowledge obtained in the Foundation Course to provide the Personal Trainer with the practical applications of Pilates based exercises on the Trap Table. The multi-plane resistance training exercises demonstrated in this course will focus on the beginner to advanced level. Special emphasis will be placed on transitions of movement, which will enable the trainer to create an uninterrupted flow of exercises. This course will focus on enabling the trainer to design a program that effectively uses the concepts of tolerance and load. Special attention will be given to understanding the different training needs of men and women when using Pilates based exercises. The course will identify and further develop the teaching skills necessary to effectively guide a client through complex movement patterns that enhance functional movement.

Special attention will be placed on the Trapeze Table's unique form of Multi-Plane suspension training.

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MODULE FIVE: THE MAT

Cost \$ 1400.00

Recommended 100 self mastery hours

15 CEC's

Limited 12 people



This Mat course will integrate the theoretical knowledge obtained in the Foundation Course to provide the Trainer with the practical applications of Pilates based exercises on the Mat. The multi-plane resistance training exercises demonstrated in this course will focus on the beginner to advanced level. Special emphasis will be placed on transitions of movement, which will enable the trainer to create an uninterrupted flow of exercises. This course will focus on enabling the trainer to design a program that effectively uses the concepts of tolerance and load. Special attention will be given to understanding the different training needs of men and women when using Pilates based exercises. The course will identify and further develop the teaching skills necessary to effectively guide a client through complex movement patterns that enhance **functional movement**.

Special attention will be given to identify the difference between instructing exercises on a 1:1 versus a group setting. *At the successful completion of this course, the instructor will be able to instruct both private and small group classes.

MODULE SIX: THE BARRELS AND ACCESSORIES

Cost \$ 1400.00

Recommended 100 self mastery hours

15 CEC's

Limited 12 people



This course will integrate the theoretical knowledge obtained in the Foundation Course to provide the Personal Trainer with the practical applications of Pilates based exercises on the Barrels and various Accessories. The multi-plane resistance training exercises demonstrated in this course will focus on the beginner to advanced level. Special emphasis will be placed on transitions of movement, which will enable the trainer to create an uninterrupted flow of exercises. This course will focus on enabling the instructor to design a training program using the Barrels and Accessories that effectively uses the concepts of tolerance and load. Special attention will be given to understanding the different training needs of men and women when using Pilates based exercises. The course will identify and further develop the teaching skills necessary to effectively guide a client through complex movement patterns that enhance functional Movement.

Special attention will be given for prescribing exercises on the barrels and accessories with clients that have special needs or a pre-existing injury. The use of the barrels for Flexibility training will also be explored.

Additional Courses Offered

PRENATAL AND POSTNATAL EXERCISE PRESCRIPTION

Cost \$ TBA

15 CEC's

Limited 12 people



This program will provide the trainer with the confidence to work safely with pregnant women. The anatomical and physiological changes that the body goes through during pregnancy are covered. Also the effects of exercise on the pregnant woman and the baby are explained. Participants will learn how to modify their training programs to accommodate for the changes occurring in the pregnant state. They will also learn practical and alternative ways to work with pregnant women and return them to their fitness routine after they have given birth. This course also considers how to maximize spinal health and maintain good postural alignment throughout pregnancy. Participants will also gain a sound understanding of the precautions that need to be taken into account and the contraindications to consider when working with this population of women.