

Courses Offerings

The Choice Is Yours!

PCC offers two options for becoming a Certified Pilates Instructor:

A La Carte Classes

You sign up for ONE ASPECT OF INSTRUCTION AT A TIME.

Comprehensive Programs

You sign up for a COMPREHENSIVE PROGRAM, YOU RECEIVE A DISCOUNT.

Comprehensive Programs

* YOU CAN REGISTER AND PAY FOR MAT LEVELS I AND II AT LEAST ONE MONTH IN ADVANCE AND SAVE \$30.00!).

Mat Level 1

MAT LEVEL I IS A PREREQUISITE FOR ALL OTHER CERTIFICATIONS AND WORKSHOPS.

Tuition: \$550.00

PROGRAM LENGTH: Two-day weekend intensive certification

HOURS OF INSTRUCTIONAL TIME: 18

PREREQUISITES: Studying and practicing Healthy to the Core Level 1; MUST HAVE ATTENDED A GROUP PILATES MAT CLASS

Books/MATERIALS: PCC will mail to you after application is completed at least 3 weeks prior to starting date

UPON SATISFACTORY COMPLETION, YOU WILL BE CERTIFIED TO: TEACH A LEVEL I AND II CLASS

You will learn the following about the basic exercises of the Pilates method:

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| * THE NAMES OF THE EXERCISES | * ANATOMICAL POSITIONS |
| * HOW TO PERFORM THE EXERCISES | * PROPER PILATES BREATHING |
| * WHAT THE EXERCISE IS ACCOMPLISHING/GOAL OF THE EXERCISE | * VERBAL AND TACTILE CUEING |
| * BENEFIT OF EACH EXERCISE | * PROPER FORM |
| * CONTRAINDICATIONS | * ANATOMY |