

## *Reformer Certification*

**Tuition:** \$1,650.00

**PROGRAM LENGTH:** Six Saturdays over a six-month period; this 206-hour program is taught in 9-hour segments, separated by a period of six months of practical experience.

**HOURS OF LECTURE TIME:** 54 hours class/lab time

**ADDITIONAL HOURS REQUIRED:** 92 apprentice hours; 50 self-practice hours (must be completed by the last class)

**PREREQUISITES:** Successful completion of Mat Level I; working knowledge of Pilates; must have had a session on the reformer at a Pilates studio.

**BOOKS/MATERIALS:** PCC will provide manual at the certification; must bring PCC's Mat I manual to all classes

**UPON SATISFACTORY COMPLETION, YOU WILL BE CERTIFIED TO: TEACH A REFORMER CLASS AND GIVE PRIVATE OR SEMI-PRIVATE LESSONS.**

*Through lecture, discussion, journaling, and hands-on activities, participants will learn:*

- \* THE NAMES OF THE REFORMER EXERCISES
- \* HOW YOU CAN MAKE AN EXERCISE MORE CHALLENGING
- \* WHAT THE EXERCISE IS ACCOMPLISHING/GOAL OF THE EXERCISE
- \* BENEFIT OF EACH EXERCISE
- \* CONTRAINDICATIONS
- \* ANATOMICAL POSITIONS
- \* PROPER PILATES BREATHING
- \* VERBAL AND TACTILE CUEING
- \* PROPER FORM
- \* ANATOMY
- \* HISTORY OF PILATES
- \* HOW TO COMMUNICATE WITH CLIENTS
- \* WHAT CLIENTS SHOULD BE FEELING
- \* ALL APPRENTICE AND SELF-PRACTICE HOUR MUST BE COMPLETED BY THE END OF THE COURSE

***Requirements:***

- \* SUCCESSFUL COMPLETION OF ASSIGNMENTS, AS WELL AS WRITTEN AND PRACTICAL TESTS
- \* ACCESS TO A VIDEO CAMERA
- \* THIS CERTIFICATION REQUIRES SIX WEEKENDS OF INSTRUCTION WITHIN A SIX-MONTH PERIOD

**STUDENTS IN ALL EQUIPMENT CERTIFICATION PROGRAMS MUST CARRY PROFESSIONAL LIABILITY INSURANCE COVERAGE FOR 1 MILLION DOLLARS, AND SHOW PROOF 1 WEEK BEFORE THE FIRST CLASS STARTS. QUESTIONS OR GUIDANCE IN FINDING A REPUTABLE INSURER CAN BE DIRECTED TO PCC'S HEADQUARTERS.**