



PEAK PILATES® COMPREHENSIVE CERTIFICATION: LEVEL I

Jumpstart or perfect your Pilates career with Peak Pilates® comprehensive education. Learn how to lead sessions based on the systematic flow of the classical approach for mat and all apparatus!

The Peak Pilates® Comprehensive Certification is a three-level modular program that is designed to deliver the highest quality authentic Pilates education. It is the foundational level of Pilates professional education which covers the mat, reformer, tower, chairs, barrels and auxiliary equipment.

OBJECTIVES

Upon completion of Level I you will be able to:

- Explain the Fundamentals, Principles and Key Concepts that form the basis of the Pilates method.
- Apply the Peak Pilates Five-Part Formula for Success.
- Develop and fine tune teaching skills for effective cueing, imagery and hand/body placement.
- Understand anatomy and kinesiology from an integrated perspective and relate this knowledge to the Pilates method as a movement system.
- Implement coaching and feedback techniques from the course for peer feedback and professional development.
- Understand the Pilates method from a holistic approach utilizing all of the apparatus.
- Students will learn through action-oriented coaching, self-evaluation tools and feedback as well as the unique Peak Pilates® Five-Part Formula for Success.
- Level I prepares instructors to teach private sessions and small group classes and lays the foundation for achieving professional career advancement.

PREREQUISITES

- A recognized qualification in anatomy and kinesiology whether through a fitness certification or other course of study is highly recommended.
- A minimum of 20 hours Pilates training (Classical mat and equipment).

COURSE FORMAT

- 80 contact hours
- 120 hours of personal practice, teaching and observation
- Total of 200 hours

CERTIFICATION

- Upon successful completion of all assignments and a passing score on all assessments a Level I Peak Pilates® Comprehensive Certification is awarded.

REGISTER AT PEAKPILATES.COM
OR CALL 800.925.3674.

LOCATION

DATES

COST

TRAINER

•

•

- \$599.00 per module + materials

•

•

•

•