



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. Students will learn through action-oriented coaching, self-evaluation tools and feedback as well as the unique Peak Pilates Five-Part Formula for Success.

## OBJECTIVES

- This 20-hour course is the first of two modules for the Peak Pilates® Level II Comprehensive Certification. Participants will build upon the skills learned in Level I including the Peak Pilates Five-Part Formula for Success, Pilates key concepts, fundamentals, and mat and apparatus techniques.
- Homework assigned on the second day will help participants to assimilate the knowledge and skills learned.
- At the conclusion of the course, participants will receive action plans to guide their further practice and refinement of skills.

## PREREQUISITES

- Level I certification must be achieved before attending this course.
- In addition, students must first complete 100 hours as a Level I teacher: 60 hours of personal practice/observation and 40 hours teaching.

## COURSE FORMAT

- 40 course contact hours
- 60 logged hours

## CERTIFICATION

- 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.

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REGISTER AT [PEAKPILATES.COM](http://PEAKPILATES.COM)  
OR CALL 800.925.3674.

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### LOCATION

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### DATES

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### COST

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- \$599.00 per module plus materials and shipping

### TRAINER

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