



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

- Level III is the capstone module, refining and polishing skills needed to be an exceptional instructor.
- This course enhances material learned in Level II, focusing on new mat and apparatus exercises, jumpboard and other auxiliary equipment, lower body anatomy, progression guidelines, touch techniques and advanced cueing for all levels of students and small group classes.
- Homework assignments 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 as they practice, observe and practice teach to fulfill the required hours.

PREREQUISITES

- Level II certification must be achieved before attending this course.

COURSE FORMAT

- 40 course contact hours
- 60 logged hours

CERTIFICATION

- To achieve Level III certification, participants must complete both Module 1 and Module 2; log the required hours for observation, personal practice and teaching; and successfully pass the final comprehensive assessments during Module 3.

REGISTER AT PEAKPILATES.COM
OR CALL 800.925.3674.

LOCATION

DATES

COST

TRAINER

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- \$599.00 per module*, plus materials and shipping.

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*LIIIM3 is \$225.00