

## The Pilates Greenhouse, LLC.



Do you want to earn a Certificate to become a Pilates Instructor?

**Jane Jones Bradley, owner of The Pilates Greenhouse, LLC holds a certificate as a Pilates Teacher Trainer through the Pilates Academy International in New York City. All coursework, personal review, practice teaching, observation and testing is available on site in Ridgefield, CT.**

The Pilates Academy International upholds course requirements commensurate with other Pilates teachers training programs around the world. In the chart below, prospective students will find the hours required for them both in the classroom and out, as observation, personal practice and practice teaching are all necessary components of becoming a successful Pilates instructor. A student can obtain a certificate in one or all of the courses outlined below depending upon the prerequisites for each course.

Candidates for the Teacher Training/Certificate Program are typically personal trainers, physical therapists, practicing Pilates enthusiasts and/or fitness professionals/enthusiasts. Having some basic knowledge of human anatomy and movement understanding is extremely helpful when beginning an in-depth program such as this one. If you do not have any experience with understanding movement we offer suggested reading material and recommend you take a minimum of 25 Pilates classes/lessons to give you some basic understanding both physically and intellectually.

One of the most valuable assets to any learning student is to have a seasoned and professional mentor with a proven track record with clients from various demographics. Jane Jones Bradley has been a practicing and certificate holding Pilates Instructor since 1999 with a background in personal training, fitness instruction and yoga instruction since 1993. Having taught thousands of hours to varied demographics, her experience and passion for Pilates has helped hundreds of clients from all walks of life. For more information about Jane and her qualifications, please view the Biography and Scope of Practice pages on this website.

The Pilates Academy International is committed to helping dedicated and qualified individuals gain the knowledge and teaching skills they need to become excellent, sought-after Pilates instructors. To become a Pilates Instructor through the PAI, over 200 hours of in-studio training are required with additional hours of practice and observation. During your Pilates teacher training, you can take Pilates mat classes and equipment classes at a discounted rate and observe any class or lesson at any time. In fact, observation is an integral part of the program. Practice means your own practice AND practicing on another person. We allow each student to bring in one friend as a practice body. This allows the students the chance to see how regular people as opposed to fellow students respond to their cues, corrections and feedback.

We offer certification programs for the following disciplines:

Anatomy - Bio-mechanics & Posture

Mat - All Populations  
Mat - Progressions Challenge

Reformer - All Populations  
Reformer - Progressions Challenge

Cadillac - All Populations  
Cadillac - Progressions Challenge

Chair - All Populations  
Chair - Progressions Challenge

Barrels - All Populations  
Barrels - Progressions Challenge

You can take one, a few or all of the courses, depending upon your needs. Details of the coursework, dates/hours, pricing and requirements will be posted soon. Call our studio if you are interested in learning more about how you can become an effective and knowledgeable Pilates instructor today!

### Teacher Training Testimonials:

"I was so fortunate to find Jane when I moved from New York City to Connecticut in the middle of my Pilates Teacher Training. Her intricate understanding of movement, anatomy and fitness make her an ideal instructor, not only for clients but for future Pilates instructors. Jane helped me not only execute, but feel each exercise we learned properly so I could teach my own clients with her own sensitivity and attention to detail. Now that I am working as a full time Pilates Instructor in Greenwich, I still call on Jane for insight about my clients and even my own body. I'm so glad to have Jane as an educator, mentor and friend."

**Karie M., Greenwich, CT**

A great Pilates instructor must have four essential skills:

- \* Solid understanding of anatomy, bio-mechanics and postural issues
- \* Strong command of the Pilates exercise repertoire
- \* Ability to see the need for modifications and adjust accordingly
- \* Ability to inspire and motivate clients to reach their fitness goals

The Core Curriculum:

All courses will focus on the following:

- \* Fundamental execution of each exercise
- \* Anatomy and bio-mechanics of each exercise
- \* Exercise modification skills
- \* Cueing and correcting skills
- \* Workout design skills
- \* Transition skills
- \* Progression skills

### BREAKDOWN OF REQUIRED HOURS TO BE A QUALIFIED PILATES INSTRUCTOR

Course	Personal Practice				Total
	Classroom	Review	Teaching	Observation	
All Populations Mat	36	15	25	15	91
Mat Progressions & Challenges	6	5	5	5	21
All Populations Reformer	48	25	25	20	118
Reformer Progressions & Challenges	18	10	20	10	58
All Populations Chair	16	10	20	10	56
Chair Progressions & Challenges	6	5	10	5	32
All Populations Cadillac	30	15	20	10	75
Cadillac Progressions & Challenges	12	5	10	5	32
All Populations Barrels	8	4	6	4	22
Barrels Progressions & Challenges	4	2	2	2	10
Anatomy, Bio-mechanics & Posture	12				12
GRAND TOTAL:				521	

These totals do not include the test out for each module.

### PAI Pilates Teacher Training Program COURSE DESCRIPTIONS:

#### Anatomy, Bio-mechanics and Posture Review (ABP) - 12 Hours

Cost: Group \$595 (3 or more students) Private/Duet: \$1,025  
Manual Cost: \$12.50

This course reviews the structures (bones, muscles, joints, etc.) that form the support of the human body. An emphasis will be placed on "ideal" posture and "ideal" bio-mechanics of each joint while helping students learn how to detect abnormalities both statically and dynamically. Open to all personal trainers, this course is invaluable in helping you provide lasting results for your clients and increase your marketability.

This course is CEC Approved.  
CEC's: (ACE) 1.2

#### All Populations Mat (APM) - 36 Hours

Cost: Group \$1,750 (3 or more students) Private/Duet: \$2,950  
Manual Cost: \$28.00

This course teaches the first three tiers (Fundamental, Fundamental 2 and Intermediate) of the Mat repertoire. Students will learn how to modify all exercises for all age groups and fitness levels to create safe and effective workouts. Emphasis is placed on maintaining variety and providing small challenges while safely progressing a client in order to avoid monotony.

*Prerequisite:* ABP

This course is CEC Approved.  
CEC's: (ACE) 3.0

#### Mat Progressions & Challenges (MPC) - 6 Hours

Cost: Group \$295 (3 students or more) Private/Duet: \$495  
Manual Cost: \$18.50

This course teaches the last two tiers (Advanced Intermediate and Advanced) of the Mat repertoire. Students learn how to assess when a client is ready to be challenged and then how to progress the client safely and effectively.

*Prerequisite:* APM

#### All Populations Reformer (APR) - 48 Hours

Cost: Group \$2,350 (3 students or more) Private/Duet: \$4,250  
Manual Cost: \$40.00

This course teaches students the Reformer exercises needed to be ready to customize workouts for all ages and fitness levels. Covering the first three tiers, Fundamental through Intermediate, All Populations Reformer also teaches the "physics" of the reformer so that students understand both the way the reformer operates and the safety concerns. Emphasis is placed on the differences between Pilates machine work versus regular gym equipment so that instructors are prepared to meet the needs of the client from all backgrounds.

*Prerequisite:* ABP

#### Reformer Progressions & Challenges (RPC) - 18 Hours

Cost: Group \$925 (3 students or more) Private/Duet: \$1,650  
Manual Cost: \$25.00

This course teaches students how to teach clients very challenging exercises on the Reformer. Care is taken to ensure each student understands the "benchmarks" a client should accomplish before an advanced exercise is attempted, which may include exercises on other equipment.

*Prerequisite:* APR

#### All Populations Cadillac/Tower (APC) - 30 Hours

Cost: \$1,750 (3 or more students) Private/Duet: \$2,950  
Manual Cost: \$42.00

This course teaches students the fundamental first three tiers (through Intermediate) of exercises conducted on the Cadillac/Tower. The Cadillac is an excellent piece of equipment on which to focus on isolated joint movements to strengthen the joint properly and correct faulty movement habits. Emphasis will be placed on the benefits of Cadillac exercises as stepping stones to more challenging exercises.

#### Cadillac/Tower Progressions & Challenges (CPC) - 12 Hours

Cost: Group \$595 (3 or more students) Private/Duet: \$1,025  
Manual Cost: \$25.00

Building on the previous course, the Cadillac/Tower progressions course teaches the final two tiers in the Cadillac repertoire so you may challenge your clients safely and effectively. Some of these exercises challenge core strength significantly. Thus students will be taught the "benchmarks" for assessing when to progress a client.

*Prerequisite:* APC

#### All Populations Barrels (APBarrels) - 8 Hours

Cost: Group \$495 (3 or more students) Private/Duet: \$795  
Manual Cost: \$35.00

This course must be preceded by the All Populations Mat course. Students will learn the first three tiers of exercises on the spine corrector and ladder barrel, and more importantly, how to incorporate the barrel into a client's workout, and use it as a support or a challenge, depending on the exercise.

*Prerequisite:* ABP

#### Barrels Progressions & Challenges (BarrelsPC) - 4 Hours

Cost: Group \$295 (3 or more students) Private/Duet: \$495  
Manual Cost: \$15.00

This course builds on the material learned in the All Populations Barrels course, adding the final two tiers of the repertoire. Students will learn how to use these exercises to challenge both their core strength and their own body awareness and control.

*Prerequisite:* APBarrels

#### All Populations Chair (APChair) - 16 Hours

Cost: Group \$695 (3 or more students) Private/Duet: \$1,135  
Manual Cost: \$35.00

This course teaches the first three tiers of Chair exercises from Fundamental 1 through Intermediate. Students will be taught the many merits of the chair and how to integrate this often under-utilized piece of equipment into a client's workout routines.

*Prerequisite:* ABP

#### Chair Progressions & Challenges (ChairPC) - 6 Hours

Cost: Group \$295 (3 or more students) Private/Duet: \$495  
Manual Cost: \$20.00

This course adds Tiers 4 & 5 to the chair repertoire learned in the All Populations Chair course. Students will not only learn the new exercises, but also how to progress their clients carefully, delivering optimal results in strength and control.

*Prerequisite:* APChair

### EXAM PRICES:

\$225 for ABP and 1st All Populations Courses  
\$50 for each exam following or re-take

A \$250 non-refundable deposit is required to secure a space.