



## **Frequently Asked Questions**

### **What is the cost of the program?**

The program is currently being offered at \$2,500. The full amount is due by one week prior to the class start time.

### **Is there a payment plan?**

We will allow you to make two payments.

### **What are the requirements for the certification program?**

Our 13-session program begins on a Thursday and concludes on Sunday. The sessions will run from 11:30-4:30 (please see program schedule for specific dates and times). On the last session date, we will hold our “Training Test-Out,” which comprises a multiple-choice exam and a practical teaching a group class to your peers. You are also responsible for completing a research paper due on the assigned weekend. (see program for details) You must pass each of these components with a grade of 80% or better.

Once the program concludes, you are expected to complete your certification hours. The certification hours include 100 teaching hours (60 teaching practice, 40 assistant teaching), 100 observation hours, and 150 self-practice hours including 10 lab hours. We encourage you to begin collecting hours at the start of the program. Once you have completed the majority of the hours, you are expected to return for your “Final Test-Out,” which will take place in June and September. You will be tested on teaching both a group class and a private session with volunteers at the studio. All volunteers will be chosen by Pure Passion Pilates.

In order to receive the Pure Passion Pilates certification, you must pass all testing components (multiple-choice exam, research paper, teach one group class, and teach one private session) with a grade of 80% or better. Ultimately, you must also complete the 425-hour requirement (65 hours in sessions, 100 teaching hours, 100 hours of observation, 160 hours of self-practice).

### **What do the teaching hour requirements entail?**

The Pure Pilates certification requires a total of 100 logged teaching hours to qualify for the certification. Immediately upon starting the program, we highly encourage you to begin practicing on family, friends, and your colleagues in the program (without compensation). There is no better way to learn how to teach than practice. We will require you to log 60 teaching hours as well as 40 assistant teaching hours. You will have the ability to work with the Pure Passion Pilates instructors involved in the Teacher Training Program and assistant-teach with them. It is to your advantage to work with everyone to get the most varied feedback.

### **Can you tell me more about the observation hours?**

You will be required to log 100 observation hours, which means simply observing the classes of experienced instructors. You can attend a class at Pure Passion Pilates (with prior permission) to observe and take notes. Some of the 100 hours can be logged by watching classes on



[www.pilatesanytime.com](http://www.pilatesanytime.com).

We will require you to be specific in logging your hours (a sample sign-in sheet will be provided). You are encouraged to seek variety in your observation hours.

### **What does “self-practice” mean?**

“Self-practice” hours refer to the time you spend practicing Pilates by yourself, or taking group classes or private sessions. There is no better way to learn the material than personally practicing it yourself. We require you to log 160 self-practice hours including 10 lab hours. Lab hours are obtained in the studio on open studio days and by appointment with master trainer and your practice body. Your practice body must be approved by Pure Passion Pilates. Lab hours are designed to give you experience teaching private clients. You are required to teach a small group of your peers in your practical at the end of your in-studio days.

### **What are mentoring hours?**

Your master trainer will be your guide throughout your Pilates journey. While we encourage you to expand your knowledge and experience with a variety of Pilates Instructors, we want you to be supported and encouraged in your learning process. We will provide you with mentoring while you are learning and practicing your new skills. Each student receives 2 hours of mentoring time for the first three months. Extra mentoring time can be purchased by making arrangements with your master trainer.

### **How long will the certification process take?**

The modules will take place over a 2 month period consisting of 65 hours, plus 6 hours of anatomy. You will be required to collect hours after the training concludes and then return in 2 or 3 weeks to “test-out.” If you are not ready to test at that time you can schedule with your master trainer a test out time that will work for you. While we strongly encourage everyone to complete their certification in 6 months, we understand that some of you may have full-time commitments, so the pace is ultimately up to you.

### **What type of certification will I receive?**

The certification you receive is a private Pilates certification by Pure Passion Pilates.

### **Does completing the Pure Passion Pilates certification mean that I will get hired to teach at Pure Passion Pilates?**

Although, we would love to hire each and every one of you, it is beyond our means. Hiring is always dependent on shift availability and studio needs. We will support you in your job search endeavors.

### **Where will the training sessions be held?**

The training will be at the Pure Passion Pilates Humble location.



### **What if I can't make all of the sessions?**

If you must miss a session, you will be required to pass our session quiz with a rate of 80% or better. You can only miss a maximum of two sessions, unless prior arrangements have been made.