

My Pilates Career Goal...	Required Workshops	Self-Practice & Observation	Apprenticeship	Cost
Teach Pilates Mat Classes	<ul style="list-style-type: none"> • Mat 101 15 hours • Mat 102 10 hours <p>Combined are Comprehensive Pilates Mat Certification</p>	<ul style="list-style-type: none"> • 10 hours Self-Practice • 10 hours Observation 	None required	<ul style="list-style-type: none"> • Mat 101 - \$650 • Mat 102 - \$550 <p>Total \$1,100 lump sum payment</p>
Teach Pilates Reformer Classes	<p>Complete Mat 101 and 102 plus:</p> <ul style="list-style-type: none"> • Anatomy 201 (online) 20 hours • Reformer 301 12 hours 	<p>Complete Mat 101 and 102 plus:</p> <ul style="list-style-type: none"> • 25 hours Self Practice • 25 hours Observation 	100 hours	<ul style="list-style-type: none"> • Comprehensive Pilates Mat Certification - \$1,100 • Anatomy 201 - \$349 • Reformer 301 - \$2,050 <p>Total \$3,499 lump sum payment</p>
Teach all Pilates Equipment *Comprehensively Trained	<p>Complete Mat 101, Mat 102, Anatomy 201 and Reformer 301 plus:</p> <ul style="list-style-type: none"> • Trapeze Table/Tower 302 10 hours • Chair and Barrels 303 10 hours 	<p>Complete Mat 101 and 102, Anatomy 201 and Reformer 301 plus:</p> <ul style="list-style-type: none"> • 25 hours Self Practice • 25 hours Observation 	<p>Complete Reformer 301 plus:</p> <ul style="list-style-type: none"> • 200 additional hours for Comprehensive Equipment <p>Total of 300 hours</p>	<ul style="list-style-type: none"> • Comprehensive Pilates Mat Certification - \$1,100 • Anatomy 201 - \$349 • Reformer 301 - \$2,050 • Trapeze Table/Tower 302 - \$975 • Chair and Barrels 303 - \$975 <p>Total \$5,100 lump sum payment</p>

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