TRUE DEFINITION
PILATES APPARATUS • AERIAL FITNESS

COMPREHENSIVE TEACHER TRAINING INFORMATION

Hour Breakdown for Full Apparatus Training

Pilates Mat (Including Magic Circle)= 100 hours (60 in classroom/40 on your own*)

Reformer= 150 hours (50/100)

Tower (Half Trapeze)= 75 hours (20/55)

Wundachair= 75 hours (20/55)

Spine Corrector, Ladder Barrel, Full Trapeze/Cadillac= 75 (20 / 55)

Total = 475 Hours

**Hours on your own consist of practicing the exercises yourself, practice teaching and studying/reading/observing*

Cost and Day Breakdown of Modules / Comparison to Other Trainings

True Definition

Mat Training: $1500 (10 Days)

Reformer: $2200 (8 Days)

Tower: $1100 (4 Days)

Wunda Chair: $1100 (4 Days)

Cadillac, Barrel, Spine & Foot Corrector:

$1100 (4 Days)

Total: $7000 / 30 Days in classroom (+ Practicals) *Discount if paid in cash

Club Pilates

Will not provide their breakdown but

the general description says it includes:

Mat, all apparatus, TRX, Barre & Triggerpoint

Total: $4995 total / 12 Days in the classroom

Power Pilates

Mat 1 & 2 & 3 : $2100 (6 Days total)

Apparatus 1, 2 & 3 : $5995 (8 Days total)

Total: $8095 / 14 Days in classroom

Balanced Body

Mat 1, 2 & 3 : $1875 (6 Days total)

Reformer 1, 2 & 3 : $1875 (6 Days Total)

Cadillac & Tower : $699 (2 Days)

Chair : $599 (2 Days total)

Barrel : $375 (1 Day)

Total : $5,423 /17 Days in classroom

FAQs

1. When do you run the teacher trainings?

We usually run a mat training every year, either in the Fall or early in the new year. If there is a demand, sometimes we run two in a year. Most training days are Saturdays around 12-6 but we adjust based on the group. After every mat training, we offer reformer training, and we continue to offer the rest of the modules per demand.

2. Is there a written and a practical exam?

Yes, for each module there is a written (written by yours truly) and a practical 1 hour class in order to receive your certification of completion from me AKA True Definition. I am certified myself through NPCP (thr only NCCA accredited Credential) and If you want to go through NPCP you can too. (http:///nationalpilatescertificationprogram.org). They are a national certification program and you can take a test to be associated with them (after training with me). While I do have it personally, it isn't necessary to have it to teach. If you choose to take their exam, you'll pay them and they would just contact me to verify your training and then you would schedule the test, and follow their requirements to keep it up yearly. Also keep in mind that they only certify for mat or fill comprehensive. Full transparency, every place I have ever taught at before my own studio, never even asked to see my certs, but rather had me give references and a demo which is what I usually ask for also myself upon hiring someone. Our modules meet and exceed the standard hours for training- thus any studio should be happy to hire you with your certificate of completion from True Definition. In addition, I would be happy to always be a reference and speak with anyone regarding the program you completed.

3. Do you offer payment plans?

Yes. I am very flexible with payment options, we can discuss what works for your before the training begins.

4. Will I be hired to teach by True Definition after the training is over? We can not guarantee all of our trainees will be able to teach at the studio. Teaching a regular class depends on the openings, availability and the readiness of each individual trainee. We will, however, always first pull from our True Definition trainees when we do have an opening and the need to add classes.

5. Am I able to practice teach or assist alongside someone during actual classes you have at your studio?

Yes. For each training you have “in classroom” hours, and then hours to complete outside of the classroom. The outside of the classroom hours include practice teaching/ assisting, practicing the exercises yourself and studying/observing/reading. You will be given a log to keep track of your hours. will also be given access to the studio to use for practice (even though it's just mat, but you can still come use the space to practice and to practice teach as long as the room isn't being used), and you would also be given 20% off all packages for the duration of the teacher training and taking as many classes as possible is encouraged!

6. Do you need to have Pilates experience before doing a teacher training?

Before investing so much time and money into our trainings, we highly recommend that you first take at least 10 (20 even better) classes or privates in order to feel your body’s response and also to see our teaching style, work on our apparatus and make sure you love it as much as we do!

7. Do you have to do ALL the teacher trainings to get certified?

No! My sister and I originally created this program in modules because we understand that many people can not afford to, nor have the time to do a comprehensive 475+ hour training! You will get a certificate of completion after you complete each module.

8. Can I do just the reformer training?

No. We do require you complete the mat training before the reformer training. In Mat you will learn all the basics and all the history of Pilates, and the business aspect. This information will deepen your experience and make the reformer training a lot easier. That being said, after Mat training, the other modules do not have to be in order. (I.E. I have had some people do Mat and then Tower, but not Reformer). However, Reformer is the most versatile and the most common, which means there will be the most jobs available for you and clients are more aware and interested in Reformer when they begin. In addition, we do recommend the order of Mat, Reformer, Tower, Chair, Barrel/Cadillac/Spine Corrector for the best experience.

9. How is True Definition Training different from others?
You'll notice from the comparison breakdowns that we have the most days in classroom than other training out there. This is because we discuss every exercise in detail- modifications, advancements, props, variations and besides learning the classical series, which you will learn in every module, we include sections that are simply not in any other trainings. For example, in Mat we have a section on bringing Reformer and Tower exercises on the Mat, a business section, prenatal and more! We also have an expert on anatomy come in to teach us about anatomy specific to Pilates! For Reformer training, we teach hundreds (literally) of exercises on the machines outside of the classical work, so we are not locked in to teaching only from the classical series. And we talk about REAL LIFE situations in classes such as navigating difficult clients, planning for mixed levels, modifying for injuries and more! If you'd like to know more about each individual training, please contact me!

10. Are you a classical or contemporary studio? We are both! We have our roots in classical, every teacher on our schedule has learned and studied the classical exercises and method, but we do not limit ourselves to only classical. We also incorporate fun, innovative and effective exercises, using the Pilates apparatuses. Remember, Joseph Pilates was an inventor and an innovator! He was always creating new machines and new ways to move and strengthen the body. At True Definition, we try to keep in that spirit as well!

