

YOU'VE DECIDED  
TO BECOME A  
PILATES  
INSTRUCTOR!  
WHAT'S THE  
NEXT STEP?

## **Who is eligible to enroll in the program?**

We recommend a minimum of 15 hours of previous Pilates experience with a Certified Pilates Instructor.

## **What type of certification is offered?**

Mat and Reformer \$1,249

## **When do we meet?**

Selected Saturdays once a week from 8-11am MST

March 12

April 9

May 7

March 19

April 16

May 14: Written Test and

March 26

April 23

Papers Presented

## **What will I learn?**

In the course you will learn how to lead Group classes, work with one-on-one clients, the business of being a Pilates teacher, and functional anatomy, along with tips and strategies you'll use to become a skilled instructor.

## **Where do I enroll for the course, and what payment plans are available?**

A \$200 non-refundable deposit secures your spot for the course by contacting [vanessa@functionpilates.com](mailto:vanessa@functionpilates.com) or (480) 815-2055.

**Mat and Reformer:** Minimum of \$449 due by the first day of class (includes deposit and \$50 payment plan fee); payment plan\* of \$212.50/month for (4) consecutive months.

\*Please note that the course must be paid in full in order to schedule the Oral Final Test Out. The student will not receive their certification until all monies have been received and account is at a zero balance.

## **How will I receive my Manuals?**

Manuals will be mailed out prior to the first day of class. There will not be any additional fees incurred during the course.

It is recommended to have equipment at home or visit a local studio to fulfill self-practice and student teaching hours.

Online Observation hours will be honored if in-person observation cannot be done.

## **How long will it take me to complete my certification?**

Each student has tentatively up to one year from the course start date to complete all required hours and test out for official certification. Depending on how aggressive you are with completing assignments, it can take you a minimum of 6 months.

## **Why should I choose Function Pilates to certify with?**

Function Pilates is a PMA approved recognized certification. Function Pilates Master Trainer and Founder, Vanessa Kelly, has 13 years of experience in the Pilates industry. The program puts a huge emphasis on how to make modifications for those with injuries and special conditions. We go into great detail on how to piece together the best flow and programming of exercises for your client.

## **Course Expectations and Requirements**

- Attend all designated modules
- Anatomy Test
- Special Populations Paper and Presentation
- Final Practical and Written Exam
- 80-120 Observation Hours
- YouTube Student Tutorial Checklist
- 85-160 Student Teaching Hours
- 25-50 Self-Practice Hours
- 20 Apprentice Hours
- Final Oral Test Out

## **Does the course provide online tutorial videos?**

Yes! Function Pilates has a beginner and intermediate Reformer tutorial videos on YouTube that explain in detail about the exercises to help you succeed in the student teaching process. You can find these videos on YouTube and search for Function Pilates.

## **Interested in opening up your own studio?**

Now that you are in the process of becoming a Pilates Instructor you may be thinking about your future vision. Function Pilates is a groundbreaking franchise that offers support, training and guidance with one-on-one personal attention from founder, Vanessa Kelly, for you to open up your very own Pilates studio without prior business experience. Learn more about franchise opportunities in your area by inquiring with Vanessa.

## **Connect on Social Media**

Facebook: [www.facebook.com/functionpilates](https://www.facebook.com/functionpilates)

Instagram: [www.instagram.com/functionpilates](https://www.instagram.com/functionpilates)

## **Meet Your Virtual Master Trainer**

### **Kristi Paciello**

*"Kristi fell in love with Pilates at her very first class in 2015. Gaining strength, energy, and freeness in her body sparked a desire to understand why the method worked so well. She read every article and watched every video she could find until finally becoming a certified instructor through Pilates Sports Center at Function Pilates in 2019.*

*She is dedicated to helping students and future teachers on their Pilates journeys so that the power of Pilates can reach as many people as possible. She believes in digging deep, honoring each person as an individual, and having fun in the process."*

