



## **Pilates Instructor Training Program**

### **The Pilates Method**

The Pilates method was created by Joseph H. Pilates in the 1920's. Joe was a pioneer in the world of mind-body fitness combining resistance training, stretching, full body movements, the breath, and mental focus into an exercise system that creates a strong, supple and intelligent body. The Pilates Method was used for conditioning and rehabilitation within a small community of dancers and fitness enthusiasts for decades before exploding on to the general fitness scene in the last few years. People from all walks of life from the super fit to the disabled have benefited from the wonderful system that Joe and his wife Clara invented.

### **The Training Program**

Turning Point Studios Pilates Instructor training program will prepare you to be a confident and competent Pilates Instructor. This course will teach you the full repertoire of exercises designed by Joseph H. Pilates as well as innovations based on current research in biomechanics and sports medicine. The curriculum is designed to prepare you to take the Pilates Method Alliance national Pilates certification test. Nora St. John, the director of the course has been teaching Pilates since 1989. She is certified in Pilates through Core Dynamics in Santa Fe, New Mexico where she studied with Michele Larsson and Eve Gentry. She has also attended trainings with Romana Kryzanowska, Carola Trier, Alan Herdman and Jean-Claude West.

Our program has a reputation for creating a warm and supportive learning environment. We are committed to helping you become the best instructor you can be. We have developed one of the most detailed training manuals available including descriptions and photographs of all the exercises we teach. Instructors trained by us are currently working in Physical Therapy clinics, health clubs and private studios around the San Francisco Bay Area including St. Francis Memorial Hospital, Oakwood Athletic Club, Club One, The Claremont Resort and Spa, Spring Pilates, Absolute Center and many more.

The curriculum includes an introduction to anatomy, kinesiology and biomechanics as well as how to teach all of the exercises on the Mat, Reformer, Cadillac, Chair, Ladder Barrel and accessory pieces. The emphasis of the training is on:

- Understanding the underlying principles of the Pilates technique
- Understanding the purpose of each exercise
- Integration of the breath into each exercise
- Understanding correct alignment
- Teaching movement efficiency
- Learning variations for individual needs
- Learning modifications for common injuries
- Understanding the principles of program sequencing



## Fees

Each class may be taken individually however the course is designed to be a comprehensive training. As such there are some sequences that must be followed and until all the course work is completed the only certification available is the Mat.

### Anatomy in Clay - \$500

Anatomy in Clay is a great way to learn or review anatomy. In this course you will build the primary muscles of movement on a skeleton and learn how they work. This course is recommended for everyone but may be waived by "testing out" if you believe you have a strong background in anatomy.

### Mat 1 and 2 - \$425 each

These classes must be taken in order or have previous mat certification to omit

### Reformer 1 - \$495

Mat 1 and 2 or prior mat certification required

### Reformer 2 and 3 - \$450 each

Prior mat certification or completion of Mat 1 and 2, and Reformer 1 required

### Apparatus 1 and 2 - \$450 each

Mat and Reformer must be completed prior to starting

### Apparatus 3 - \$400

Apparatus 1 and 2 required

*In order to obtain a complete certification, all classes, written exams, observation and teaching hours must be completed.*

## The Daily Schedule

Anatomy in Clay	Friday, Saturday and Sunday 9am – 5pm
Mat 1 and 2	Friday 1pm – 5pm, Saturday and Sunday 10am – 5pm
Reformer 1	Friday, Saturday and Sunday 10am – 5pm
Reformer 2	Friday 1pm – 5pm, Saturday and Sunday 10am – 5pm
Reformer 3	Saturday and Sunday 10am – 6pm
Apparatus 1	Saturday and Sunday 10am – 6pm
Apparatus 2 & 3	Saturday and Sunday 10am – 5pm

Each day except for the anatomy weekend will include a warm-up on the mat or the reformer, a short lecture, instruction in the exercises and time to practice what you've learned. All class materials will be provided including detailed descriptions and photographs of all the exercises.

## Prerequisites

The ability to perform the **intermediate level exercises on the mat and apparatus is required** before beginning the program. Recommended exercises to know are listed at the end of this brochure. Experience teaching dance, movement, yoga or personal training is highly recommended.

## Instructor Biographies



**Naomi Leiserson** taught Pilates-based rehabilitation and conditioning at Saint Francis Memorial Hospital's Center for Sports Medicine for 7 years before opening Turning Point Studios in January 2000. She began her training with Nora St. John using Pilates for everything from athletic performance enhancement to rehabilitation and post surgical recovery. She has continued her studies with master teachers such as Michele Larsson, Jean Claude West, and Karen Clippinger. After dancing professionally for several year Naomi took her love of ballet and modern into the realm of partner dancing with Argentine Tango and Salsa-Cubana. Naomi has completed her level 1 certification in Gyrotonic, is a certified Hendrickson Method Practitioner and is a Franklin Methode level 2 educator. She currently teaches Anatomy in Clay nationally with Pilates on Tour and around the world.



**Julie Lushington** has been teaching Pilates since 1990. She received her training in the Dancemedicine department at St. Francis Memorial Hospital's Center for Sports Medicine where she taught for 11 years before starting at Turning Point Studios in 2002. Julie was a professional modern dancer in New York for 10 years before earning her Master Degree in Movement Education from NYU. She has taught Dance Kinesiology at San Jose State University and Mills College in Oakland as well as for young dancers at San Ramon Valley Dance Academy. Julie co-instructs the Pilates instructor training program here at Turning Point Studios.

## Recommended Mat Exercises

The Hundred  
Roll-up  
Single Leg Circles  
Rolling Like a Ball  
Single Leg Stretch  
Single Straight Leg Stretch  
Spine Stretch Forward  
Spine Stretch Side  
Saw  
Swan  
Side Leg Series  
    Side Leg Lifts  
    Side Kicks  
    Side Leg Circles  
    Side Leg Bicycle  
Seal  
Double Leg Stretch  
Double Straight Leg Stretch (Leg Lowers)  
Crisscross (Bicycle)  
Open Leg Rocker  
Single Leg Kicks  
Double Leg Kicks  
Swimming  
Spine Twist  
Teaser Prep  
Push Up

## Recommended Reformer Exercises

Footwork  
Footwork on Jumpboard  
Rollbacks  
Hundred  
Coordination  
Feet in Straps  
Short Spine  
Stomach Massage  
Long Box  
    Pulling Straps I, II  
    Overhead Press  
    Cobra/Swan  
    Backstroke  
    Breast Stroke  
Short Box  
    Abdominals  
Bridging/Pelvic Press  
Knee Stretch  
Long Stretch  
    Elephant  
    Long Stretch  
    Up Stretch  
Seated Arm Work  
Chest Expansion  
Thigh Stretch  
Rowing Front  
Rowing Back  
Standing  
Lunges  
Side Stretch (Mermaid)

## **Recommended Cadillac/Tower Exercises**

Roll-backs  
Upper Arms/Assisted Sit ups  
Teaser  
Breathing  
Leg Springs Supine – Pull Downs  
Leg Springs Side-lying – Adductor Pulls  
Footwork/Plies  
Prone Push Through  
Swan  
Seated Push Through  
Seated Double Arm Work  
Seated Single Arm Work  
Cat  
Supine Arm Circles  
Spread Eagle  
Parakeet  
Tower  
Saw/Circular saw  
Standing Arms

## **Recommended Chair Exercises**

Double Leg Pumps  
Single Leg Pumps  
Prone Push Ups  
Lunges/Standing Step Ups  
Washerwoman/Hamstring 1  
Hamstring 3//Pike Abdominals  
Leg Pumps Supine/Pelvic Press  
Achilles Stretch  
Standing Leg Presses  
Swan

# Pilates Instructor Training Program

## Application Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Occupation: \_\_\_\_\_

Please check the classes you plan to attend:

Anatomy in Clay \_\_\_\_\_

Reformer: \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3

Mat: \_\_\_\_\_ 1 \_\_\_\_\_ 2

Apparatus: \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3

## Turning Point Studios/BBU Pilates Instructor Training Program

Please answer the following questions to be considered for the training.

1. Please describe your prior experience with Pilates. Who have you studied with, where and for how long? Have you worked on both the mat and the apparatus?

