Excel Pilates Teacher Training Program Application

Name:

Email:

Phone:

Mailing Address:

How long have you been practicing Pilates?

Where have you studied Pilates?

On a separate page, please discuss:

- Why are you interested in becoming a Pilates teacher?
- How do you envision your individual teaching style?
- Describe *any* type of current or previous teaching experience.
- Are you currently teaching Pilates? If so, where?
- What is your fitness background?
- Please describe your medical history, including any injuries and any existing medical conditions.
- Detail your level of ability in Pilates, including names of Pilates exercises you practice, strengths and weaknesses.
- Please submit two recent letters of recommendation.
- Please submit a letter of verification from your current Pilates studio and/or teachers outlining duration of study, number of sessions, types of sessions and apparatus used. Include teacher's signature.

EXCEL PILATES
Northern Virginia

Prerequisite requirements include consistent study of the Pilates Method of Body Conditioning, both mat and apparatus, consistently for a minimum of one year or 60 sessions (see criteria for immersion program in program brochure or online). Applicant must be at a solid high Intermediate level with basic knowledge of apparatus set ups and safety features.

Upon approval of application, an evaluation session and interview will be scheduled. The evaluation session and interview determine acceptance to program. There is a $100 nonrefundable evaluation session fee which can be applied to program fee if accepted into program.

Criteria for acceptance into the Pilates Teacher Training Program is based on, but not limited to, level of skill and physical integration of Pilates exercises, ability to articulate existing knowledge of The Pilates Method and professionalism.