



Pilates Teacher Training Program

Course Catalog 2018-2019



Atlas Pilates LLC

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(206) 283-2884

<https://atlaspilates.com>

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PROGRAM INTRODUCTION

Atlas Pilates independent Teacher Training Program prepares students for a rewarding career in the fitness industry.

Our program provides students the education necessary for long-term professional success teaching the original work of Joseph Pilates. Our knowledge rich working studio is a supportive learning environment ideal for the development of highly capable new instructors. Our graduates enter the industry ready to teach safely with professional autonomy and high integrity.



Why Train with Atlas Pilates?

We have high standards and take a principled approach. Our rigorous and thorough training produces high caliber new Pilates instructors who are ready to go to work.

Atlas Pilates is committed to advancing the overall quality of Pilates instruction in the fitness industry, and committed to maintaining the integrity of Joseph Pilates original work. While some other organizations with lower standards try to capitalize on the the popularity of Pilates by quickly and indiscriminately certifying large numbers of new teachers, we take a more traditional immersive approach. We're very selective, with high standards and small class sizes. Our program is comprehensive, it requires up to a year of intensive practice, study and testing, and has a history of producing high quality instructors.

Program Staff

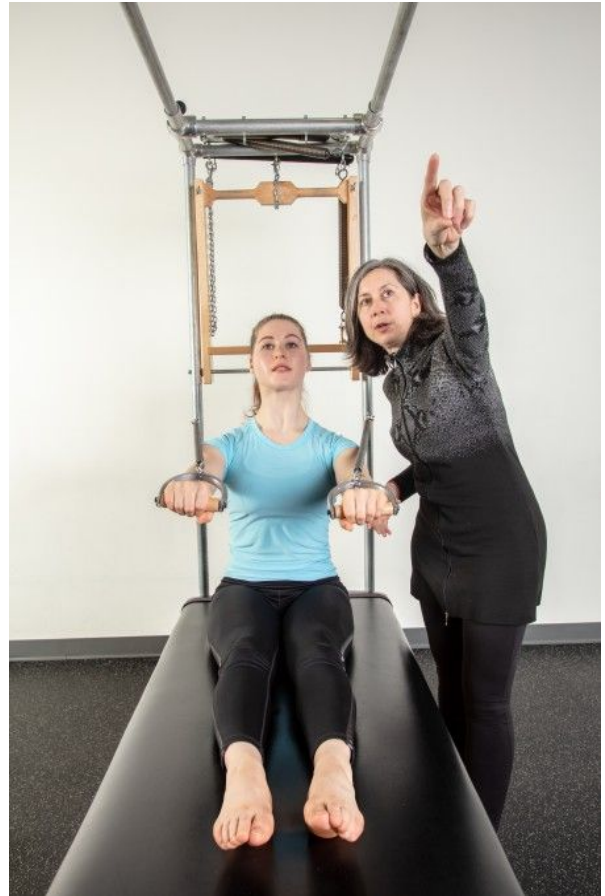
Lori Coleman-Brown

Director of Education

Lori is well known as a leading educator in the Pilates industry. She is sought after globally for her original presentations, workshops and Pilates lessons.

Lori Coleman-Brown began studying Pilates in the early 1980's with Joseph Pilates protégée Romana Kryzanowska. With Romana's tutelage, Lori learned the exercise forms and rhythms, and how to meet the needs of individual clients. She learned to get results with Romana's distinctive approach to the work.

Lori started teaching Pilates in New York in 1986. She relocated to Seattle in 1993 to found the first Pilates teacher training center in the Pacific Northwest, where she was a co-owner and director for over 16 years. She has a BFA in Dance and a Masters Degree in Physical Therapy.



As Director of Education, Lori directly manages all aspects of the Teacher Training Program. She produces all of the educational materials and maintains the curriculum, she presents at all of the seminars, and she assesses and tests every student.

Danielle Begorre

Pilates Teacher Trainer

Danielle has been teaching Pilates since 2003. A Senior Instructor and Teacher Trainer at Atlas Pilates, she finds power and joy in healthy movement. Her career transition into teaching Pilates was inspired by her own positive experiences with Pilates in her previous work as a dancer and choreographer. She was certified by Pilates Inc. after a rigorous and comprehensive classical Pilates training program

with Lori Coleman-Brown under Romana Kryzanowska.

Katie Kahumoku

Associate Instructor

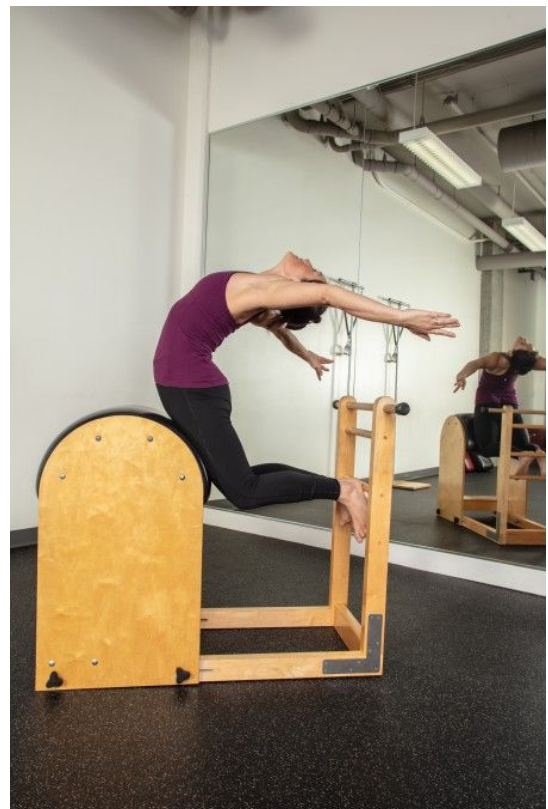
Katie is a career instructor, and successful studio owner, who's been teaching Pilates since 2001. She assists Lori with student meetings and seminars and workshops, and our students are able to do some Practicum Observation hours in her Edmonds studio under her tutelage.

What Makes Atlas Pilates Different?

Pilates is more than just a job for us. We find meaning in the work. We find the work rewarding, and we are inspired and energized by the amazing personal transformations we witness.

We're unabashed Pilates traditionalists, yet we avoid being dogmatic and formulaic. We find satisfying creative space within the Pilates Method to get transformative results. And we never resort to exercise fads or Pilates "fusions."

- Our approach is modern, specific, scientific and efficient.
- We are results-driven and focused on helping clients reach their goals through careful tailoring of their individual Pilates workouts.
- We use discretion, appropriate modifications, substitutions, breakdowns and enhanced variations of exercises to develop workout programs that get results.
- We continually refresh programs for people so that the exercises don't become stale and mechanical. We work to keep imaginations alight and bodies changing for the better.



- We have very high standards for all the work we do. We pay attention to the details, and we always strive to be well organized, professional, and sustainable.
- We work hard to provide excellent customer service. We endeavor to exceed our clients' expectations and to help them to find joy in Pilates and in their bodies.

What a Student Can Expect

- ❑ Small class sizes (Max 6:1 student-to-teacher ratio)
- ❑ Traditionally patterned hands-on training with veteran instructors
- ❑ Exposure to a steady stream of clients who have real issues and goals
- ❑ Training in the ancillary skills important to a successful Pilates career, such as customer service and apparatus maintenance
- ❑ Mentoring by Lori Coleman-Brown and feedback from other Atlas Pilates Staff Instructors who are available to answer questions
- ❑ Opportunities to participate in our many educational, community and industry events



Atlas Pilates Staff

Atlas Pilates expert instructors teach Pilates to real clients from all walks of life.

Students enrolled in our Teacher Training Program observe and take frequent lessons with our teaching staff. The staff comes from diverse backgrounds, including the arts, athletics, academics and clinical care. Each teacher brings unique education, experience, and style to the work.



Many of our instructors have been teaching professionally for decades and all of them do Pilates regularly and consistently. Some are also physical therapists who teach Pilates. In addition to Lori Coleman-Brown and Danielle Begorre, instructors currently include Teresa Shupe, Liesbeth Robison, Ray Houle, Mia Monteabaro and others. A current list of active instructors is available at <https://atlaspilates.com/instructors/>

Our Facilities

Atlas Pilates studio was designed, built and equipped just for Pilates. Every detail and amenity of the space planning and layout drew on decades of experience teaching Pilates in various studios around the world.

The clean and well lit studio is optimized to get maximum benefit from the work. It's equipped with the complete array of authentic Pilates apparatus and other



props. We use sensor-controlled high efficiency daylight spectrum lighting and sophisticated indoor air quality systems. Our floor plan is ADA compliant, and we have ADA compliant bathrooms, shower, locker room and a wheelchair ramp.

PROGRAM DESCRIPTION

The comprehensive Pilates Teacher Training Program is composed of three required Seminars, a Practicum, Academic coursework, and Testing.

Seminars

Expected Time Commitment: Approximately 42 Hours

In three progressive Seminars we explore Pilates exercise forms, practice the exercises, work on teaching skills, and discuss the theory and philosophy of the Pilates Method.

Three required seminars:

- Pilates Fundamentals Seminar
- Intermediate Systems Seminar
- Advanced Systems Seminar



Seminars details and descriptions of the content are posted on our website event pages at <https://atlaspilates.com/events/>

Practicum

Expected Time Commitment: Approximately 800 Hours

The practicum is designed to develop expert skills, and consists of 800 hours combined of required regular Pilates Workouts, Observation, Assisting and Practice Teaching. Practicum hours must be finished within 12 months, unless a written extension is granted by the Program Director.

At the discretion of our Program Director, certain Practicum hours may be completed at an associated site under the supervision of a credentialed Training Program Associate Instructor. Currently, Katie Kahumoku offers Practicum opportunities at her studio in Edmonds Washington on a case-by-case basis.

Practicum Components

Pilates Workouts: The regimen is approximately 150 Pilates Workouts (150 Hours) at the rate of approximately three workouts per week over the year of the Program. Determination as to the sufficiency of frequency and total number of workouts is at the discretion of the Program Director and may be adjusted based on the student's progress.

Qualifying Workouts include:

- ☐ Workouts with Lori Coleman-Brown (1 per week)
- ☐ Self-directed Personal Workouts (1 per week)
- ☐ Workouts with Atlas Pilates Staff Instructors (1 per week)
- ☐ Workouts with Visiting Teachers (students are expected take advantage of these opportunities)

Observation and Assisting: During the course of the training, the student will focus on developing body literacy (the ability to “read” bodies) and determining individual needs. Students are expected to practice the material and to carefully observe experienced teachers who are fluent in the Pilates Method. Students are expected to unobtrusively observe clients of various fitness levels in the studio and assisting teachers with clients when called upon.

Practice Teaching: Teaching in the studio with experienced instructors nearby accelerates skills-building. At an appropriate point during the course of the program, the student will practice teaching Pilates to other students and student-clients.

Student Log : Students are required to record their Practicum activities in a Student Log. The Student Log should be kept current by being updated daily. **Workouts** need to be documented by the student in the Student Log.

Academics

Expected time commitment: 200 Hours

Classroom: Required Classroom sessions are held at regular intervals throughout the program where material is presented, students are given the opportunity to ask questions, and solutions discussed. Private office hours with Lori Coleman-Brown are made available on occasion to discuss issues.

Homework: Students are expected to study in order to stay abreast of the material presented over the course of the Program, and to think and write about their experiences in the studio, to memorize facts, take and review notes, plan for student meetings and observation hours, and to complete regular homework assignments.

Manuals: Students are expected to organize and record Pilates knowledge by creating their own reference manuals which incorporate information acquired over the course of the Program.

Assessments: Periodically throughout the Program (at approximately 100, 400 and 700 hours), Students will perform self-assessments of academic progress and be required to submit completed self-assessment forms to the Program Director.

Testing

Expected time commitment: 12-24 Hours of Testing

Successful completion of the Program requires students to demonstrate a mastery of the material by passing three multi-part exams administered in progression over the course of The Program.

The **Practical** assessment component of a Test is generally 2-3 hours in length and consists of doing a workout at the prescribed level and teaching a client. Each level of assessment may also include a group Mat Class at that level.

The **Written Exam** component of a Test is 2-5 hours in length and consists of a Case Study and a Short Answer portion.

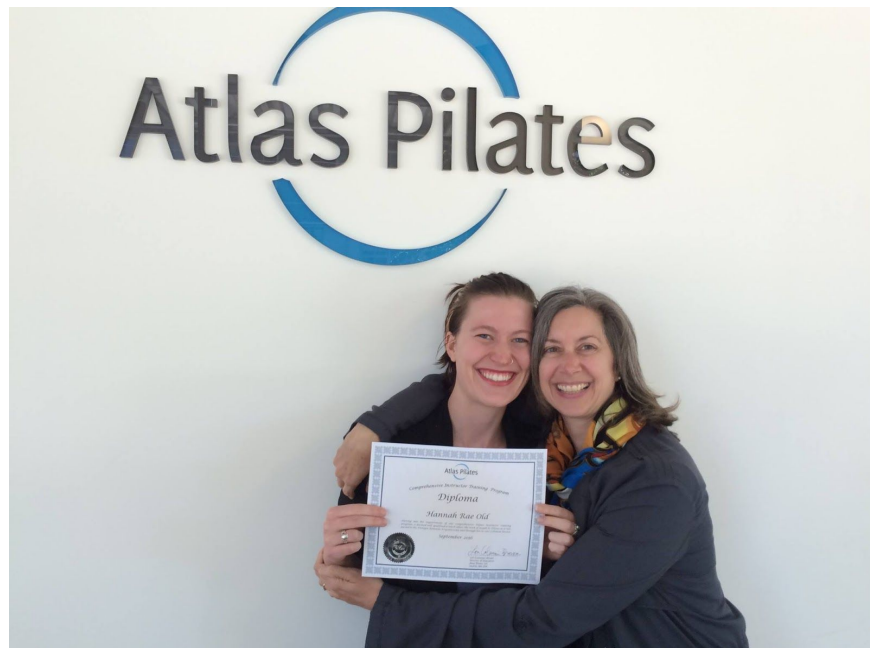
- 1) **Fundamentals Test** (200 Hour Test): A practical Assessment and a written Exam based on the Fundamentals material. This test must be passed by Hour 250.
- 2) **Intermediate Test** (500 Hour Test): A practical Assessment and a written Exam based on the Intermediate material. This test must be passed by Hour 600.
- 3) **Advanced Test** (800 Hour Test): A practical Assessment and a written Exam based on the Advanced material. This test must be passed by Hour 900.

A student's failure to pass any of the tests in the time allotted by the Program Director may result in dismissal from the program. Students may be permitted to make additional attempts to pass tests, in whole or in part, within the allotted time frame at the discretion of the Program Director and may be required to pay a re-test fee.

Students are required to have appropriate number of documented hours, updated Logs, accurate studio daily sign in/out sheets, and updated personal Manuals ready to present to the Director before each Test.

Credential Awarded on Completion of the Program

Diploma!



READING AND RESOURCES

REQUIRED

- ❑ Pilates' Return to Life Through Contrology. By Joseph Hubertus Pilates
- ❑ Your Health: A corrective system of exercising that revolutionizes the entire field of physical education by Joseph Hubertus Pilates
- ❑ Pilates An Interactive Workbook: If You're Going To Do It, Do It Right. By Christina Maria Gadar
- ❑ Handouts on Principles & Essentials (distributed during program)

RECOMMENDED

- ❑ The Pilates Body by Brooke Siler
- ❑ Anatomy of Movement (Revised Edition). By Blandine Calais-Germain
- ❑ Classical Pilates Technique DVD series with Peter Fiasca

This list may change. Required and Recommended texts are listed and available for purchase on our website. <http://atlaspilates.com/teacher-training/atlas-pilates-store/>

GRADING AND TRANSCRIPTS

Student records are maintained for 50 years, according to state law. Students can request copies of transcripts directly from the program director.

We Require the Following for Successful Completion of The Program:

- Minimum passing grade of 80% on all written tests and assessments
- Minimum passing grade of 80% on all practical tests and assessments
- Minimum passing grades of 80% on academic assignments
- 100% attendance for all three seminars
- Completion of Practicum hours including required Pilates workouts, observation and assisting, and practice teaching
- Minimum 80% attendance rate for classroom and tutoring sessions throughout the year

Job Placement

Atlas Pilates does not provide formal job placement to graduates of our program, but professional Pilates teachers are in high demand. Our graduates will have acquired the necessary skills to be considered qualified to work in our studio, other Pilates studios, fitness centers, dance schools, and college and university Pilates programs.

2018-19 ACADEMIC CALENDAR

Enrollment Period (Assessments By Appointment): August 1st - September 7th, 2018

Application Deadline: August 15th, 2018

Program Start: September 27th, 2018

Required Seminars Schedule (Each Seminar is Sat-Sun, 14 clock hours)
Fundamentals Fundamentals Seminar October 6-7, 2018
Intermediate Pilates Seminar January 12-13, 2019
Advanced Pilates Seminar April 6-7, 2019
The Seminars and details of all other upcoming educational events are posted on our website. https://atlaspilates.com/events/

Studio Regular Hours:

Weekdays: 7:00 am - 8:00 pm

Sat: 7:00 am - 2:00 pm (except for Seminars and Workshops)

Sun: Closed for Lessons (except for Seminars and Workshops)

Teacher Training Classroom Hours*:

Mondays: 7:00 am - 1:00 pm

Tuesdays: 7:00 am - 12:00 pm

Wednesdays: 7:00 am - 11:00 am and 2:00 pm - 4:00 pm

Thursdays: 8:00 am - 10:00 am

Fridays: 7:00 am - 11:00 am

Student Meetings (Classroom): Every Thursday 10:30 AM to 12:00 PM

Additional Training hours arranged on ad hoc basis with available Teacher Trainers and designated Staff.

Office Hours: with Program Director by Appointment on Wednesdays and Fridays 11:00 to 11:30 AM and with Danielle Begorre Wednesdays 11:30-12:00 PM.

The following holidays will be observed (No class or observation): New Year's Day, Independence Day, Christmas Day, Thanksgiving Day.

End of Program Dates:

The maximum length of the program is dependent on the student's ability to complete the required practicum, classroom hours and tutoring, and pass all tests. We expect students to accomplish this within 12 months, but in some cases it may take longer. There is a possibility for the program being completed more quickly when the student is able to spend more time in the studio with our staff.

Program Requirements and Policies

TUITION AND FEES

Assessment Fee (Non-refundable, Paid at time of Appointment)	\$200.00
Registration Fee	\$250.00
Tuition Includes: <ul style="list-style-type: none"> • Practicum • Academic Coursework • Test Fees • Seminars (Three required seminars) 	\$8,825.00
Tuition and Fees Subtotal	\$ 9,275.00
Books and Materials (Approximate)	\$150.00
Pilates Teacher Liability Policy (Approximately)	\$250.00
Required Pilates Lessons (Estimated*)	\$5,570.83
Program Grand Total	\$ 15,245.83

* Estimated costs based on two (2) private lessons per week for 12 months (104 total) The program director will determine the optimal mix of private and semi-private lessons based on Student progress.

Payment Plan*

Assessment and Registration	Due in Advance
Insurance	Secured prior to Program Start Date
Tuition	Three equal payments of \$2941.67 over nine months.
Lessons (paid workouts)	Pay prior to Lessons
Tuition Discount	2% Discount for Tuition payment by Cash (or equivalent) credited to Pilates Lessons.

**See Enrollment Agreement for details.*

CANCELLATION AND REFUND POLICY

1. Atlas Pilates will refund all monies paid by the Applicant (except for the Assessment Fee) if the Applicant is not accepted into the Program. In any instance where a starting class is cancelled by the school for any reason, all monies including the Assessment Fee will be refunded.
2. Atlas Pilates will refund all monies paid, except for the Assessment Fee, if the Applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the Applicant has not begun training.
3. The school may retain an established Registration Fee equal to ten percent of the total tuition cost, or one hundred dollars, whichever is less, if the applicant cancels past the fifth business day after signing the contract or making an initial payment. A Registration Fee is any fee charged by a school to process student applications and establish a student record system.
4. If training is terminated after the Student enters classes, the school may retain the Registration Fee, plus a percentage of the total Tuition as described in the following table:

If Student completes this amount of training:	School may keep this percentage of Tuition:
One week or up to 10%, whichever is less	10%
More than one week (or 10%), whichever is less, but less than 25%	25%
25% through 50%	50%
More than 50%	100%

5. When calculating Refunds, the official date of a Student's termination is the last day of recorded attendance:
 - a. When the school receives notice of the Student's intention to discontinue the training program; or,
 - b. When the Student is terminated for a violation of a published school policy which provides for termination; or,

- c. When a Student, without notice, fails to attend classes for thirty calendar days.
- 6. All Refunds must be paid within thirty calendar days of the student's official termination date.

Other Program Requirements and Policies:

- ☐ The Assessment Fee is non-refundable.
- ☐ Students are required to sign and return the standard **Atlas Pilates LLC Release and Waiver of Liability**, and to carry a **Pilates Teacher Liability Insurance** policy (with Atlas Pilates LLC named as additional insured on the policy).
- ☐ Additional attempts to pass required tests, in whole or part, will require paying re-test fees not to exceed \$525.00 per re-test attempt.
- ☐ Failure to submit full payment when due may result in late penalties, suspension from the program, or expulsion.

CONDUCT POLICY

Attendance Requirements: Students are expected to be present for Practicum and Classroom at least four (4) days per week. Notification must be given as soon as reasonably practicable if a student is planning to be absent. Absenteeism and/or tardiness for 20% or more of the time constitutes Cause for Dismissal by the Program Director. Attendance at all days of all three Seminars is required. Failure to attend the Seminars constitutes Cause for Dismissal.

Additional Grounds for Dismissal:

- Unsatisfactory progress in the program.
- Late tuition, fees or workouts payments.
- Safety violations, including but not limited to:
 - Reckless behaviors that demonstrate a disregard for safety and/or contribute to creating a feeling that the studio is an unsafe or insecure environment.
 - Failure to correct misuse of equipment and apparatus, and continued unsafe displays or misapplication of exercises.
 - Willful disregard of important instructions that could reasonably be conceived to result in endangering the Student or others.
- All forms of bias including race, ethnicity, gender, disability, national origin, and creed as well as other forms of obstructive and/or obnoxious behavior which disrupts proper order
- Theft or damage to the Studio premises.

- Being under the influence of alcohol or controlled substances.

Nothing in the policy prevents the student from contacting the Workforce Board at 360-709-4600 at any time with a concern or complaint.

PROGRAM ADMISSION

We seek individuals whose personalities reflect passion for Pilates and a sense of purpose for the work. As the student will be training to work with others, energy, interest, and attention to detail will be critical in the admissions process. **Admission to the Program is at the sole discretion of the Program Director.** Rejected applicants will be provided with documented reasons for rejection.

Admissions Requirements:

- A. Proof of Prerequisite Pilates Hours and Independent Workouts.** We expect applicants to have taken at least one year of rigorous Pilates lessons with reputable Classical Pilates instructors. We also expect an Applicant to have at least two months of regular independent workouts at Atlas Pilates so that we can be confident in the Applicant's personal Pilates skills. Admissions preference is given to Applicants who have performed the prerequisite hours with Atlas Pilates instructors and/or with instructors credentialed by our Teacher Training Program. Determination of quality and sufficiency of prerequisite hours and independent workouts is at the sole discretion of our Program Director. Documentation of the hours is required and will be verified.
- B. Completed Application Packet.** The Applicant is required to submit a completed Application Packet which includes Application Form, Release and Waiver of Liability, Applicant Questionnaire and Resume.
- C. Practical Assessment.** Applicants are subject to a pre-admission assessment with the Program Director. The Assessment is around two hours long and is comprised of a Pilates Applicant audition (workout demonstration) and an interview. The Applicant will be expected to demonstrate a fluid workout without assistance and must have a thorough working knowledge of how to set-up equipment accurately and safely. *The non-refundable Assessment Fee is due at this time.*
- D. Education and Age Requirements**
Applicant must be 18 years or older and have a minimum of two years post-secondary education.

APPLICATION CHECKLIST

<input type="checkbox"/>	Prerequisite Pilates workout hours documentation
<input type="checkbox"/>	Current resume
<input type="checkbox"/>	A Doctor's letter stating student has no physical or medical limitations that would prohibit safe training and participation in our program*
<input type="checkbox"/>	Completed Application with the following forms: <ul style="list-style-type: none"> <input type="checkbox"/> Applicant Questionnaire <input type="checkbox"/> Medical Form and Waiver <input type="checkbox"/> Enrollment Agreement

**Atlas Pilates LLC does not discriminate against students or potential students on the basis of age, race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability.*

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Atlas Pilates LLC. 2612 3rd Ave, Seattle, WA 98121
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<https://atlaspilates.com>

Atlas Pilates LLC Managing Members: Teresa L. Shupe and Christopher J. Meffie
Director of Education: Lori Coleman-Brown

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