



 FUNCTIONPILATES®

INSTRUCTOR TRAINING

CONGRATULATIONS!

You've decided to become a certified pilates instructor.

Thank you for choosing Function Pilates. We are confident that the Function Pilates training method will prepare you for the growing, fast paced world of Pilates. With a reputation for professionalism and a friendly training environment, you are joining a growing field of successful teacher candidates.

What's the next step?

IN PERSON

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VIRTUAL

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IN PERSON

WHEN ARE THE CLASSES?

Selected Weekends, Saturday and Sunday from 10-6pm, Classes are held at our Tempe Studio NE Corner Warner/McClintock. 1840 E Warner Rd. Suite 104, Tempe, AZ 85284

Mat (Summer) 6/1-6/2; 6/8-6/9; Practical & Written Exam 8/24

Mat and Reformer (Summer) 6/1-6/2; 6/8-6/9; 6/29-6/30; 7/13-7/14; Practical & Written Exam 8/24

Full Comprehensive (Summer) 6/1-6/2; 6/8-6/9; 6/29-6/30; 7/13-7/14; 7/27-7/28; 8/10-8/11; Practical & Written Exam 8/24

DOES THE COURSE PROVIDE ONLINE TUTORIAL VIDEOS?

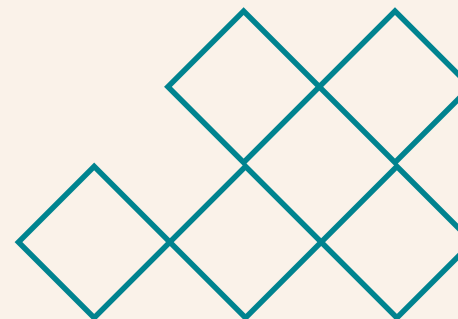
Yes! Function Pilates has a beginner and intermediate Reformer tutorial videos on YouTube that explain in detail about the exercises to help you succeed in the student teaching process. You can find these videos on YouTube and search for Function Pilates.

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 will use to become a skilled instructor.

DOES THE COURSE INCLUDE PILATES CLASSES?

Upon enrollment, we offer students a 15% discount on class packages to assist them in continuing their personal self-practice.





IN PERSON

HOW MUCH DOES THE TRAINING COST?

Mat only \$799; Mat and Reformer \$2,899; Full Comprehensive \$4,299.

Mat and Reformer Module: Minimum of \$1,099 due by the first day of class (includes initial deposit and \$100 payment plan fee); payment plan* of \$317/month for (6) consecutive months. (Total cost \$2,999)

Full Comprehensive Module: Minimum of \$1,499 due by the first day of class (includes deposit and \$100 payment plan fee); payment plan* of \$467/month for (6) consecutive months. (Total cost \$4,399)

Please note that the course must be paid in full prior to scheduling your Certification of Completion Final Test.

HOW LONG WILL IT TAKE ME TO COMPLETE MY CERTIFICATION?

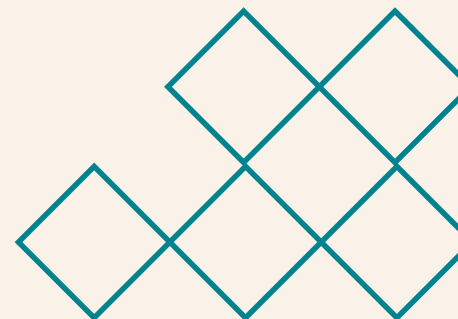
Each student has up to one year from the start date of Phase 1 to accrue all required hours, submit all Additional Activity paperwork and pass the Certification of Completion test. Phase 1 runs approximately 13 weeks. The Student Led activities that are required during Phase 2 can take up to additional 40 weeks. Phase 2 work is done at student's own pace. Total time required will vary by student.

HOW DO I ENROLL FOR THE COURSE?

Sign-up in our Tempe Online Store to pay the \$500 non-refundable deposit to secure your spot or contact vanessa@functionpilates.com or (480) 815-2055.

COURSE PREREQUISITES

We recommend a minimum of 15 hours of Pilates experience taken with a Certified Pilates Instructor however this is not a requirement.



IN PERSON

COURSE EXPECTATIONS AND TIME REQUIREMENTS

- Attend all Classroom Training Sessions for your selected module (all modules include Anatomy)
- Pass Phase 1 Written and Practical Test (Appx. 3.5 months after classes start)
- Accrue the necessary hours by activity type throughout Phase 1 and 2
- Create and Submit all Additional Activities & Homework by due dates
- Pass Final Certification of Completion Test (Appx. 9 months after completion of Phase 1)

Phase 1	Mat Module	Mat & Reformer Module	Full Comprehensive Module
Course Work Phase 1 - In person classroom training	36 Hours	72 Hours	96 Hours
Phase 2			
Observation (in studio or via approved online sources)	15 Hours	80 Hours	120 Hours
Self-Practice (using equipment covered in students module)	10 Hours	40 Hours	60 Hours
Student Teaching (Private & Group Sessions)	20 Hours	100 Hours	150 Hours
Additional Activities & Homework			
Student Led Activities - required during Phases 1 & 2.	Appx. 10 Hours	Appx. 20 Hours	Appx. 25 Hours
Total Course Hours	90 Hours	320 Hours	450 Hours



VIRTUAL

WHEN ARE THE VIRTUAL CLASSES?

Selected Saturdays and Sundays from 8am-2pm MST

- Spring Session 2024: Virtual Mat & Reformer: March 2 & 3; April 6 & 7; April 13; and April 27 (Written and Practical test day)

WHAT TYPE OF PILATES CERTIFICATIONS ARE OFFERED IN YOUR VIRTUAL PROGRAM?

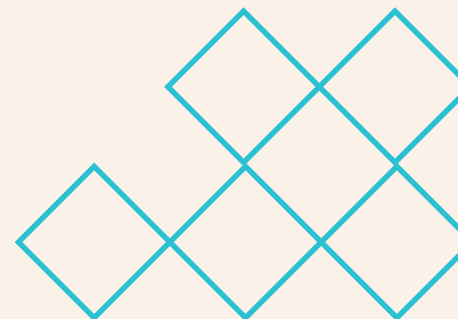
Mat and Reformer classes are offered in our virtual program.

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 will use to become a skilled instructor.

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.





VIRTUAL

HOW MUCH DOES THE TRAINING COST?

Mat and Reformer \$1,249

Mat and Reformer Module: Minimum of \$499 due by the first day of class (includes initial deposit and \$50 payment plan fee); with a payment plan of \$212.50/month for (4) consecutive months.

Please note that the course must be paid in full prior to scheduling your Certification of Completion Final Test.

HOW LONG WILL IT TAKE ME TO COMPLETE MY CERTIFICATION?

Each student has up to one year from the start date of Phase 1 to accrue all required hours, submit all Additional Activity paperwork and pass the Certification of Completion test. Phase 1 runs approximately 13 weeks. The Student Led activities that are required during Phase 2 can take up to additional 40 weeks. Phase 2 work is done at student's own pace. Total time required will vary by student.

HOW DO I ENROLL FOR THE COURSE?

A \$200 non-refundable deposit reserves your spot. Contact vanessa@functionpilates.com or (480) 815-2055.

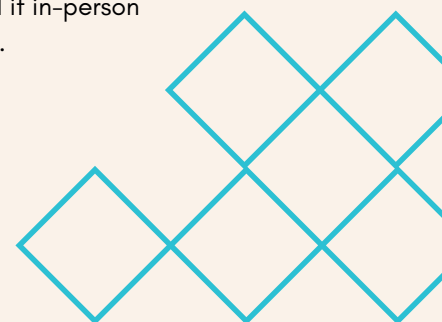
HOW WILL I RECEIVE MY MANUALS?

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

COURSE PREREQUISITES

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

It is required to have Pilates equipment (Reformer) at home or access to a studio with Reformers in order to fulfill self-practice & student teaching hours. Any costs related to securing access to a studio are not covered by Function Pilates. Online Observation hours viewed on the Function Pilates approved providers list will be honored if in-person observation cannot be done.





VIRTUAL

COURSE EXPECTATIONS AND TIME REQUIREMENTS

- Attend all Training
- Pass Phase 1 Written and Practical Test (Appx. 3.5 months after classes start)
- Accrue the necessary hours by activity type throughout Phase 1 and 2
- Create and Submit all Additional Activities & Homework by due dates
- Pass Final Certification of Completion Test (Appx. 9 months after completion of Phase 1)

Phase 1	Virtual Mat & Reformer Module
Course Work Phase 1 - Virtual classroom training	27 Hours
Phase 2	
Observation (in person @ studio or via approved online sources)	80 Hours
Self-Practice (on equipment covered in module)	40 Hours
Student Teaching	100 Hours
Additional Activities & Homework	
Student Led Activities - required during Phases 1 & 2.	Appx. 12 Hours
Total Course Hours	260 Hours



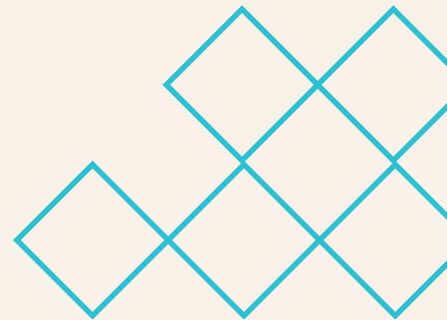
MEET OUR VIRTUAL MASTER TRAINER



Jen McCoy, *Virtual Master Trainer*, is a Comprehensively Certified Instructor through Function Pilates. After a hip injury, Pilates gave Jen the opportunity to keep movement in her day-to-day life while helping her heal. Shortly after starting, Jen felt the amazing benefits and fell in love with the strength Pilates gave her as well as the mind body connection. After a few

years of taking Pilates classes, Jen decided she wanted to take her Pilates practice to the next level and become certified. Shortly after looking at a few different local programs, Function Pilates was offering a scholarship program. The stars aligned!

This scholarship helped her obtain a Full Comprehensive Certificate. Jen holds a Bachelor's Degree in Early Childhood Education and Family & Human Development. By combining her love of Pilates and educational teaching, it just made perfect sense when she was given the opportunity to transition careers to teach Pilates full time. Jen enjoys teaching group classes and private sessions as well as live and virtual environments. In her spare time, Jen enjoys outdoor activities, cooking, travel and of course, Pilates!





WHY SHOULD I CHOOSE TO CERTIFY WITH FUNCTION PILATES?

Function Pilates Instructor Training program is a PMA approved recognized certification. Function Pilates Lead Master Trainer and Creator, Vanessa Kelly, has 15 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.

CONNECT WITH US ON SOCIAL MEDIA

Facebook: www.facebook.com/functionpilates

Instagram: www.instagram.com/functionpilates

YouTube: www.youtube.com/functionpilates

Pinterest: www.pinterest.com/functionpilateslifestyle

Amazon Storefront: www.amazon.com/shop/functionpilates

