



**Application for Excel Pilates
Pilates Teacher Training Program**

Name _____

Address: _____

Telephone AM: _____

PM: _____

Email address: _____

How long have you been practicing Pilates? _____

Where have you studied Pilates? _____

On a separate page please discuss:

- why you are interested in becoming a Pilates instructor,
- how you envision your individual teaching style, and
- describe *any* type of current or previous teaching experience

Are you currently teaching Pilates? _____

Application for Excel Pilates DC Pilates Teacher Training Program

What is your fitness background? _____

Please describe your medical history including injuries, or any existing medical conditions _____

Please submit the following with application:

- Please write on a separate page your level of ability in Pilates, including names of Pilates exercises as well as strengths and weaknesses.
- Two recent letters of recommendation.
- Also submit a letter of verification from your Pilates studio(s) and/or teachers of study outlining duration of study, number of sessions, type of sessions, apparatus used and include teacher signature.

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. Applicant must be at a solid Advanced level with basic knowledge of apparatus set ups and safety features. All Apprentices enrolled in Excel Pilates's Teacher Training program are required to maintain current CPR certifications while enrolled in the program.

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 non refundable 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.