

education

PEAK PILATES EDUCATION 2005/06



PEAK PILATES EDUCATION

At Peak Pilates, we are committed to providing you a single source solution, packaging education with products for health, fitness and wellness facilities worldwide. Peak's comprehensive education programs are grounded in the classical Pilates method and emphasize an integrated and systematic approach for a balanced workout and unparalleled results.

Peak Pilates uses a truly different approach that teaches you *how to teach* and not just *what to teach*. Our certification programs focus on professional development with a proprietary coaching/training model that heightens your confidence and capability as an instructor. This knowledge provides the solid foundation that is needed to become successful.

All certification programs are offered through a modular educational pathway, allowing individuals to progress at their own pace. The Peak PilateSystem® Professional Certification is a three part program with instruction on the mat, reformer and cadillac. Those desiring a Peak Pilates Comprehensive Certification must successfully complete both the Peak PilateSystem® Professional Certification and the Chair and Barrel/Accessory Workshops.

HOST A TRAINING AT YOUR FACILITY

All of Peak Pilates education programs may be hosted on-site at your facility. Call 800.925.3674 for more information.

SCHEDULED TRAINING DATES

Visit peakpilates.com for an up-to-date schedule of trainings worldwide.



WORKSHOPS

The Peak Workshops are open to Pilates enthusiasts and professionals from all backgrounds, with no prerequisites required. The workshops are a great way to learn and experience the advantage of the Peak Pilates approach.

DISCOVER PILATES One Day

Are you a fitness professional new to Pilates and want a concentrated overview of this fast-growing exercise phenomenon? Do you want to know if becoming a Pilates instructor is right for you? Then Discover Pilates is the ideal choice. This one day course will demystify Pilates, familiarize you with beginning mat exercises, and introduce you to the equipment that is unique to Pilates. You will come away with a thorough understanding of Pilates and how it can transform your body and mind.

We also offer specialized Discover Pilates Courses that are designed for health clubs that want to educate their staff and integrate Pilates programming into the facility. Contact us at 800.925.3674 or email education@peakpilates.com for more information.

INTRODUCTION TO PILATES Two Days

Experience introductory through beginner exercises on the mat, reformer and cadillac, while learning more about the science of Pilates. Introduction to Pilates is also your first step to becoming a Peak Certified Instructor through our Peak PilateSystem (PPS) Program. This course has a strong emphasis on the basic Pilates principles, giving you skills that can immediately be used in your personal training practice. *Introduction to Pilates satisfies the pre-requisite requirements for PPS-I.*

CHAIR WORKSHOP One or Two Days

These workshops cover the basic to intermediate exercises on the Wunda Chair and High Chair. You will learn how to integrate these exercises into your clients session to address individual needs, special cases and to provide the ultimate in cross-training. Small group classes and programming options are also reviewed.

BARREL & ACCESSORY WORKSHOP One or Two Days

The Barrel and Accessory Workshops provide instruction on the High Ladder Barrel, Spine Corrector and Small Arc Barrels for the basic to intermediate levels. Also receive additional instruction on accessories including the Foot Corrector, Ped-o-Pul and Sandbag Set. These little known pieces enhance your training repertoire, adding creativity and variety to any workout.

“Peak’s education programs have delivered the missing information to my previously trained instructors. I have been to many workshops and have worked with many master trainers and none of them compare to Peak”.

*Sarah Talbert
Pilates Coordinator
Greenwood Athletic Club
Denver, Colorado*



PEAK PILATES MAT CERTIFICATION

MAT: BASIC, INTERMEDIATE & ADVANCED CERTIFICATION PROGRAM

The Peak Pilates Mat Certification Program provides a solid foundation in the classical mat exercises, while delivering the tools necessary to progress individual clients and group classes safely and effectively in a health club or studio setting. The program teaches the introductory through advanced exercises, while layering in building blocks, modifications and exercise guidelines designed to make you a more confident and effective teacher. Students are coached on how to effectively communicate and teach the exercises in a dynamic and impactful format.

| BASIC MAT | INTERMEDIATE MAT | ADVANCED MAT |
|---|--|---|
| <p>PREREQUISITES</p> <ul style="list-style-type: none">• None• 15 Hours of classical mat classes are recommended | <p>PREREQUISITES</p> <ul style="list-style-type: none">• Successful completion of Basic Mat plus 30 logged prerequisite hours (broken into 10 hours of personal practice, 10 hours of teaching and 10 hours of observation)• CPR/Current First Aid Certificate | <p>PREREQUISITES</p> <ul style="list-style-type: none">• Successful completion of Intermediate Mat• CPR/Current First Aid Certificate |
| <p>COURSE FORMAT</p> <ul style="list-style-type: none">• 16 contact hours | <p>COURSE FORMAT</p> <ul style="list-style-type: none">• 16 contact hours• 75 hours personal practice and teaching• 121 Total Hours (includes 30 prerequisite hours) | <p>COURSE FORMAT</p> <ul style="list-style-type: none">• 16 contact hours• 50 hours personal practice and teaching• 66 Total Hours• 203 CUMULATIVE HOURS |
| <p>CERTIFICATION</p> <ul style="list-style-type: none">• None. Upon successful completion, a Peak Pilates Letter of Completion is awarded. | <p>CERTIFICATION</p> <ul style="list-style-type: none">• Upon successful completion of all assignments and a passing score on all exams, a Peak Pilates Intermediate Mat Certification is awarded. | <p>CERTIFICATION</p> <ul style="list-style-type: none">• Upon successful completion of all assignments and a passing score on all exams, a Peak Pilates Advanced Mat Certification is awarded. |

For a complete schedule of dates and training locations around the world visit peakpilates.com.

PEAK PILATESYSTEM® PROFESSIONAL CERTIFICATION PROGRAM

PEAK PILATESYSTEM LEVEL I, II & III PROFESSIONAL CERTIFICATION PROGRAM

The Peak PilateSystem (PPS) series is a three-part comprehensive certification program that provides integrated and systematic instruction on the mat, reformer and cadillac ranging from introductory through the advanced levels. The program delivers quality instruction that is time and cost efficient. You will learn the sequencing critical to delivering the system effectively in our coaching model that heightens your confidence and capability as an instructor. Each PPS course is an individual certification program. Successful completion of all three programs culminates in the Peak PilateSystem Professional Certification.

PPS-I is the foundational program in the series. It is structured for the new teacher, yet rich enough for the experienced trainer, focusing on action-oriented coaching, self-evaluation tools and concrete feedback that prepares instructors to teach private sessions and small-group classes in a safe, effective and flowing workout.

PPS-II focuses on advancing cueing components, touch techniques, session design and the needs of the more advanced athletic client, in addition to modifications and variations necessary for the special needs client.

PPS-III is the capstone module, refining and polishing your skills as an exceptional instructor. This course focuses on guidelines for progressions, touch techniques and advanced cueing.



The Peak PilateSystem Certification Program is designed to complement the Peak PilateSystem Deluxe and Reformer equipment.

PEAK PILATES COMPREHENSIVE CERTIFICATION

The final step to earning a Peak Pilates Comprehensive Certification is the successful completion of the Chair and Barrel/Accessory Workshops, culminating in a final comprehensive exam.

“Our Pilates Program has grown to new levels since introducing Peak Pilates classical programming. Members love it and they’re getting results they can see and feel. I would highly recommend the Peak programs to anyone looking to become certified.”

*Yazz Smith
Group Fitness Department Head
Life Time Fitness
Tempe, Arizona*

THE PEAK PILATESYSTEM PROGRAMS AT-A-GLANCE

Successfully completing all three Peak PilateSystem courses results in a Peak PilateSystem Professional Certification.

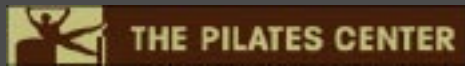
| PPS-I | PPS-II | PPS-III |
|---|---|---|
| <p>PREREQUISITES</p> <ul style="list-style-type: none"> • A recognized qualification in anatomy and kinesiology either through a fitness certification or other course • CPR/Current First Aid Certificate • 20 hours Pilates training or Peak Introductory Course <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 58 contact hours • 100 hours personal practice, teaching and observation • 158 Total Hours <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Level-I Certification is awarded. | <p>PREREQUISITES</p> <ul style="list-style-type: none"> • Successful completion of PPS-I plus 145 logged prerequisite hours (broken into 60 hours of personal practice and 85 hours of teaching) • CPR/Current First Aid Certificate <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 28 contact hours • 50 hours personal practice and teaching • 223 Total Hours (includes 145 prerequisite hours) <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Level-II Certification is awarded. | <p>PREREQUISITES</p> <ul style="list-style-type: none"> • Successful completion of PPS-II • CPR/Current First Aid Certificate <p>COURSE FORMAT</p> <ul style="list-style-type: none"> • 21 contact hours • 50 hours personal practice and teaching • 71 Total Hours • 452 CUMULATIVE HOURS <p>CERTIFICATION</p> <ul style="list-style-type: none"> • Upon successful completion of all assignments and a passing score on all exams, a Peak PilateSystem Professional Certification is awarded. |

For a complete schedule of dates and training locations around the world visit peakpilates.com.

PEAK PILATES

4865 Riverbend Road, Suite 200
Boulder, Colorado 80301
800.925.3674
Fax: 303.473.9142

peakpilates.com



Duitse Poort 15
6221 VA Maastricht
Netherlands
Mobile: + 31 6 5316 7762
Fax: + 31 43 531 0567

WWW.PILATES.EU