

Movement Revolution

Certificate Programs

Pilates - Full Program:

The Movement Revolution Pilates Certificate meets the guidelines and requirements outlined by the Pilates Method Alliance (PMA).

This program outlines and honors the classical (East Coast) curriculum while, at the same time, guiding students to use their knowledge of anatomy, physiology, and classical Pilates curriculum to design program modules best suited for their future clientele and/or teaching environments.

Course Breakdown:

- **130 hours: Classroom and Lecture** (basic anatomy, physiology, client assessment, program design, working with injured and disabled clients, PMA test prep, all levels of Pilates Mat, Reformer, Cadillac, Wunda Chair, and Barrels) – approximately 8 hours a week over a 4 month period.
- **100 hours: Practice Teaching:** students may practice on each other, or on friends or family members. Students will be encouraged to spread the hours thusly: 25 hours in Mat, 25 hours on Reformer, 20 hours on Cadillac, 20 hours on Wunda Chair, and 10 hours on Barrels.
- **70 hours: Observation/Apprenticeship** – students will log any hours they are observing other students, Gordon Hart instructing, or watching professional grade DVD material
- **50 hours: Client Assessment Project** – a case study of one individual (friend or family member). Students will log the progress of the case study from initial evaluation and goal setting to final assessment over 12 private sessions.
- **40 hours: Self Integration** – students will log any additional classes (groups or privates) they take, whether at Movement Revolution, or any location where they are being instructed by a Pilates certified instructor. **Classes taken prior to start of the course will be considered as long as a letter from the Pilates Certified Instructor is provided.*
- **30 hours: Contraindication Anatomy Thesis** - students will select from a list of ailments and injuries and write a complete report.
- **30 hours: Exams and Finals** – there will quizzes and practical tests throughout the course. Also students will study and prepare for the PMA Exam (sitting for the exam is not required for certificate of completion. Additional PMA application fees apply).

Course Fee: \$4,200. Includes comprehensive manuals and use of studio facilities

GYROTONIC™ Pre-Training:

The GYROTONIC™ Pre-Training course is 6 days in total and is a pre-requisite to the GYROTONIC Level 1 Certification.

It is required that anyone enrolling in the Pre-Training have a fundamental understanding of Progression 1 of the Level 1 curriculum (approximately 10 – 20 hours of classes with a certified instructor).

Students who are serious about becoming a full Level 1 instructor must enroll in a Level 1 course within three months of date of Pre-Training certificate.

The Pre-Training certificate does NOT grant an individual the ability to teach or state they are qualified to teach GYROTONIC™.

Course Fee: \$790.

2013 Course Dates:

Pilates Full Program:

September 5th – January 16th, 2014:

Thursdays 5pm – 9pm

Saturdays 12pm-4pm

* No class during holiday periods: 11/21, 11/24, 12/21, 12/26, 12/28

Gyrotonic Pre-Training:

August 10th, 11th, 12th, 17th, 18th, and 19th:

Saturdays 10am – 3pm

Sundays 10am – 3pm

Mondays 2pm – 7pm

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