

CLASSICAL COMPREHENSIVE TEACHER TRAINING

The Movement Refinery is an industry-leading boutique studio and teacher training organisation that puts the craft and our clients first. We share our learnings and passion within you over this 18+ month Progressive Classical teacher training programme. At 690+ hours, it is one of the only programmes in the region that puts the original work front and centre and has an equal focus on skill acquisition, biomechanics and client care. Graduating from this course and with mentorship by the course director (application required) will prepare you to work in the industry.

This approach equips you to work with all 'apparently healthy'/low-risk clients while developing your critical thinking skills to offer safe and effective tuition in the Pilates studio or fitness environment.

COURSE STRUCTURE

Please see the course page on our website and click through to get a complete understanding of what is involved including dates, content and assessment.

- Mat
- Reformer
- Cadillac
- Chairs
- Barrels
- Joe's auxiliary apparatus
- + Programming ((group curriculum for Reformer, studio, chairs) and private training)

Timeline

All delivery dates are offered between May 2024 and January 2025 with final certification due by December 2025 or by special arrangement June 2026.

Course and expectations - hours per subject

	Delivery hours	Observations	Self-practice	Practice teaching	study	assessment
Mat	35	10	50	75		10
Reformer	35	10	50	75		10
Cadillac	20	5	25	50		10
Chairs	20	5	25	50		10
Barrels	10	0	15	15	10	NA
Auxiliary	10	0	15	15	10	NA
Programming	10	Throughout	NA	throughout	NA	Within case studies and learning tasks
Sub-total	140	30	180	280	20	40

TOTAL COURSE HOURS: 690

Please note:

The hours detailed above for 'delivery' are for a cohort of 6-10 participants. Fewer participants will require less contact time.

Assessment hours include self-paced study and preparation for your case studies and learning tasks for each apparatus. This may vary from person to person.

FEES – comprehensive training is available face to face or live/zoom only

Mat	\$ 2700
Reformer	\$ 2700
Cadillac	\$ 2300
Chairs	\$ 2300
Barrels	\$ 1000
Auxiliary apparatus	\$ 1000
Programming	\$ 1500
Assessment/Certification	\$ 1500
TOTAL	\$15000

Payment plans available – choose your duration

- 6 instalments - \$2500 each month for 6 months
- 12 instalments - \$1250 each month for 12 months
- 18 instalments - \$500 deposit + \$805.55 each month for 18 months
- 24 instalments - \$750 deposit + \$593.75 each month for 24 months

Application process

Enrolment in the comprehensive training course is a serious undertaking and we value your resources and passion for the method. You will be required to have an admission interview with the course director to ensure you are ready to study at this level and that we are the right training organisation for your needs. While there are no rigid pre-requisites, you will need to demonstrate that you are prepared mentally, physically and logistically to give this your complete devotion. We want all course participants to have a wonderful time while training with us and closing any expectation gaps prior to day one is vital for our mutual wellbeing.

Once we are confident that this is the right training avenue for you, we will issue you a course agreement and establish an invoice or payment plan at your direction.

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