

MAT

Softer than the average yoga mat, the Pilates Mat supports the delicate bony areas of the body. Known as the foundation of any Pilates practice, Mat exercises challenge control and balance. This versatile piece of equipment can be used virtually anywhere.



REFORMER

The Reformer is the second piece of exercise equipment that Joe invented. The movements executed on the Reformer both push and pull the body on the carriage using the springs for resistance. Most private lessons start on the Reformer.



CADILLAC

The Cadillac was named as a joke by a client when unveiled, as the newest piece of equipment Joe was adding to his arsenal. Clients start with exercises focused on core connection and progress to acrobatic exercises hanging upside down from the trapeze.



CHAIRS

ARM CHAIR, HIGH CHAIR, WUNDA CHAIR

Developed in 1945, The Wunda Chair was among the first pieces of equipment where Joe added springs for resistance. What was once a simple piece of furniture, is now one of the most widely used piece of pilates equipment.



BARRELS

LADDER BARREL, SPINE CORRECTOR, SMALL BARREL

Joseph Pilates who once worked as a brewer designed the first Pilates barrel from a barrel of beer. The rounded barrels of today are cushioned to support the flexion and extension of the spine with gravity.



PEDI POLE

Reserved for advanced clients, all exercises are performed standing on a platform pulling springs from overhead which are suspended on a pole resembling a T-shape. It challenges balance, improve posture, and strengthen alignment.



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WHAT IS CLASSICAL PILATES?

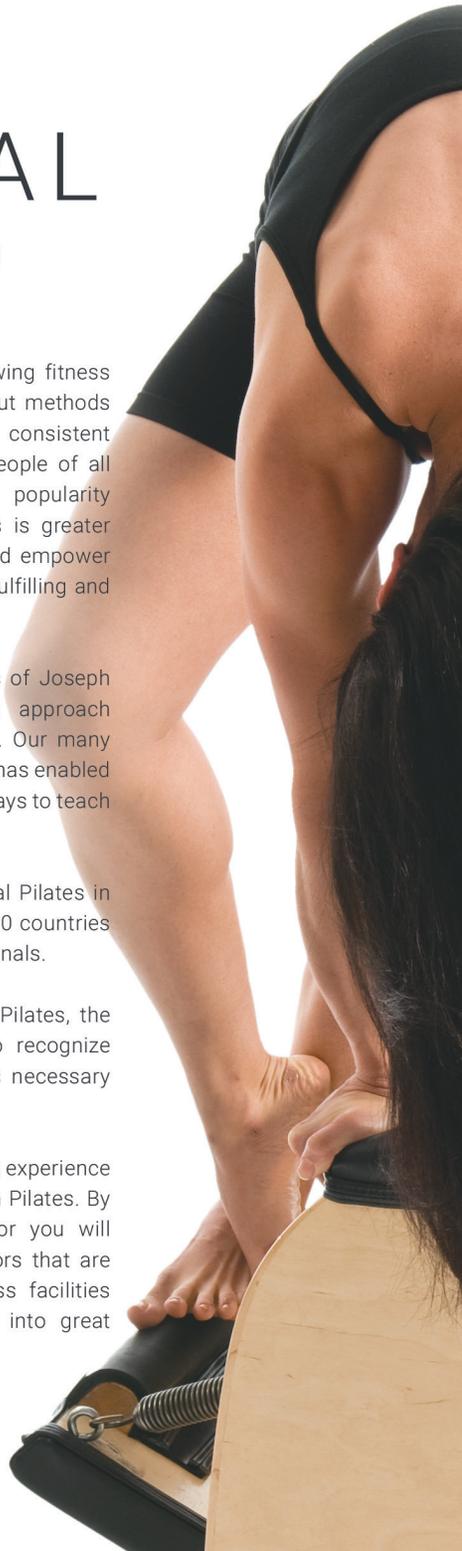
Pilates is one of the most popular and fast-growing fitness methods in the world. Unlike other trendy workout methods that spike and decline, Pilates has shown consistent year-over-year growth, gaining popularity with people of all ages and demographics. With Pilates' global popularity surging, the demand for well-trained instructors is greater than ever. Embrace the opportunity to inspire and empower others on their fitness journeys while building a fulfilling and personally enriching career.

Power Pilates believes in the classical teachings of Joseph Pilates, following the systematic, integrative approach developed by his protégé Romana Kryzanowska. Our many years of experience teaching clients and teachers has enabled us to understand why Pilates works, the optimal ways to teach and how to successfully train teachers.

Power Pilates is the leading educator of Classical Pilates in the world, with over 100 training centers in over 20 countries supported by more than 15,000 certified professionals.

Our programs provide a deep understanding of Pilates, the specifics of a balanced workout, the ability to recognize proper body mechanics and apply modifications necessary when working with clients with individual needs.

We provide our students with an enriching learning experience and the most thorough preparation for a career in Pilates. By choosing to become a Power Pilates instructor you will become part of a global community of instructors that are sought after at conferences, studios and fitness facilities worldwide. Power Pilates transforms students into great teachers, and teachers into leaders.



CERTIFICATION PROGRAMS

A Power Pilates education provides a robust foundation in Classical Pilates, equipping students with an extensive and versatile teaching toolkit. These training programs prepare both aspiring and experienced instructors to confidently work with a diverse clientele across a wide array of settings.

Whether you're beginning to embark on your Pilates teaching journey or seeking to deepen your understanding of Classical Pilates principles, Power Pilates certifications are renowned globally for their prestige and depth. Our curriculum delves into over 500 Classical Pilates exercises, emphasizing precision and control while adhering to the original six Pilates principles. Gain the knowledge and expertise to effectively educate clients, cultivate a dedicated following, and share the profound benefits of Classical Pilates with the world.

MAT PROGRAMS

Core Mat 1 (Beginner) | Core Mat 2 (Intermediate) | Core Mat 3 (Advanced)

The Power Pilates Mat curriculum provides the highest quality education and Pilates training within the industry. Uniform training standards and our Power Pilates Teaching Tools provide an essential blueprint for students to reach their full potential. These tools address the anatomical foundations, ideal and alternative movements, and specific verbal and sensory cues to provide the student with a thorough teaching foundation.

APPARATUS PROGRAMS

Comprehensive | Apparatus 1 (Beginner) | Apparatus 2 (Intermediate) | Apparatus 3 (Advanced)

Power Pilates offers the world's most extensive program, covering beginner, intermediate and advanced levels utilizing the Pilates apparatus – Mat, Reformer, Cadillac, Chair, Barrels, Ped-o-pull and the Magic Circle. Understand how to work with special case clients and master the ability to work with people of all ages and fitness levels at the same time.

SPECIALTY PROGRAMS

Reformer 1 (Beginner) | Reformer 2 (Intermediate) | Reformer 3 (Advanced) | Tower

Power Pilates offers a number of specialty programs focused on specific pieces of apparatus. These courses cover teaching Classical exercises in a class setting and strategies for working with individual clients on the Pilates Reformer or WallUnit.