

BALANCED BODY[®]
UNIVERSITY^{LLC SM}

*Pilates
Teacher Training &
Education*
course catalog



*At **Balanced Body University**
our goal is to help you to become
confident,
creative &
inspiring Pilates instructors*



Balanced Body University[®]

“Expanding the World of Pilates”

Pilates instructors are in high demand.
Join Balanced Body University to launch or accelerate your career in mind body fitness.

Balanced Body University provides Pilates education for every stage of your career. From high quality instructor training and BBU Workshops to our renowned Pilates on Tour continuing education conferences, we are committed to supporting your professional growth. Whether you want to become a gifted Mat instructor, an inspiring Reformer teacher or a comprehensively trained Pilates professional, BBU connects you to the widest array of educational offerings in the world.

Balanced Body’s Educator Network

Balanced Body University’s mission of expanding the world of Pilates includes supporting and promoting the independent educators affiliated with Balanced Body Inc. as well as the educational programs of Balanced Body University.

The Education Finder is your window to Pilates education for both Balanced Body University and Balanced Body’s worldwide educator network. You can find instructor training, continuing education and conferences from all over the world at www.bbupilates.com.

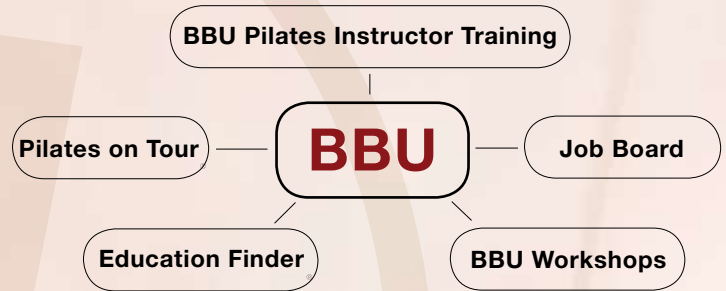
Why attend Balanced Body University?

Balanced Body University is the education arm of Balanced Body Inc., the world’s largest producer of Pilates equipment. For over thirty years, Balanced Body has been the leader in innovating and expanding the Pilates market by providing the highest quality Pilates equipment to over 100 countries. BBU continues this tradition with innovative Pilates Education through our worldwide network of master instructors.

- » **Our faculty** are experienced, caring and passionate Pilates instructors from a wide variety of backgrounds. Their rich diversity of experience and perspectives allow us to offer courses appropriate for studio, fitness and post-rehabilitation environments.
- » **Our curriculum** includes the traditional Pilates Mat, Reformer, Trapeze Table, Chair and Barrels repertoire as well as modifications and additional exercises designed to make teaching Pilate safe, effective and fun. Our curriculum is straightforward and consistent with the current Pilates Method Alliance (PMA) guidelines.
- » **Our program** offers three levels of Pilates Instructor Certification: Mat, Reformer and Comprehensive. Each level is offered in affordable modules so you can take your first course now and continue your training next week, next month or next year, whichever works best for you. Each module is designed to allow you to start teaching quickly and to continue learning as you progress.

Where can I study?

Balanced Body University offers courses worldwide through our BBU Host Sites or On Site at your facility. You can find all of BBU’s faculty, classes and host sites on the Education Finder at www.bbupilates.com. For most courses you can even register on line by clicking the ‘register now’ button. Find the training you need, when and where you need it on the Education Finder.





*“I was extremely
pleased with this
training.”*

*I can't wait
for the next one
in Massachusetts!”*
- M. Sousa



Pilates Instructor Training Program Levels

Course Descriptions

Student, Mat, Reformer and Comprehensive BBU Pilates Instructor.

Balanced Body University® Pilates instructor training is designed to accommodate students with a variety of goals, learning styles and backgrounds. Modules can be taken individually or you can take a sequence to complete the Mat, Reformer or comprehensive Pilates training program.

With BBU, you have the opportunity to move through each level as quickly as your budget and time allow or to stop where you feel comfortable for as long as you like. We know that Pilates training can be a lengthy and expensive process and we have created our program to make it as easy as possible to learn as you go.

Every module includes a certificate of completion for that course. The module certificates establish you as a BBU student teacher. Additional personal practice, observation and student teaching hours are required to become a fully qualified BBU Pilates Instructor.

The three levels of Pilates Instructor within Balanced Body University are:

1. BBU Mat Instructor

Enables you to teach group Mat classes and Mat personal training sessions.

2. BBU Reformer Instructor

Enables you to teach group Reformer classes and personal training sessions.

3. BBU Pilates Instructor

Enables you to teach the complete Pilates repertoire on the Mat, Reformer, Trapeze Table, Chair, Barrels and Small Apparatus.

Prerequisites

To be the best Pilates instructor possible, a solid foundation in Anatomy and the Pilates principles are necessary. The following courses are offered for students who do not have the appropriate background or who join the program after Mat 1. Not all students will be required to take these courses.

BBU Introduction to Anatomy (12 hours)

Strongly recommended for Mat. Required for equipment training unless you have already taken anatomy.

This course provides an introduction to the key elements of the musculoskeletal system including the bones, joint structure and function, and the primary muscles involved in movement. BBU Anatomy is specifically geared toward Pilates and includes practical exercises on the functions of the muscles and joints allowing you to embody the information more effectively. BBU Anatomy may be taught using traditional methods or as an Anatomy in Clay™ workshop (14 hours) depending on the resources of the training Studio.

Anatomy is not required to take Mat 1, but it is highly recommended. It is required for students taking any equipment classes.

Students who have already taken a college level anatomy course, are certified by ACE, AFAA, NASM, ACSM or equivalent, or are a licensed health care professional (MD, PT, AT, OT, etc.) can waive this requirement.

BBU Pilates Movement Principles (2 hours)

Included in Mat 1 and Reformer 1. Required for students starting the program after Mat 1 or Reformer 1.

Pilates Movement Principles introduces you to the biomechanical foundation of the Pilates method and to the essential components of functional core strength, lumbopelvic and scapular stability, as well as assessing and correcting alignment and improving flexibility. Pre-Pilates exercises are included for teaching these key principles to your clients and classes. This course is required for students who do not take their Mat training through BBU or who are starting their training with Mat 2, Reformer 2 or any of the Apparatus courses.

Prerequisites	Introduction to Anatomy 12 hours	Pilates Movement Principles (Included in Mat 1/ Reformer 1) 2 hours	
Mat	Mat 1 Introduction to Pilates & Beginning/ Intermediate Exercises 16 hours	Mat 2 Intermediate/Advanced Exercises 16 hours	
Reformer	Reformer 1 Introduction to the Reformer & Beginning Exercises 18 hours	Reformer 2 Intermediate Exercises 16 hours	Reformer 3 Advanced Exercises & Sports Specific Programs 14 hours
Apparatus	Trapeze Table / Cadillac or Tower 18 hours or Apparatus 1 14 hours	Pilates Chair 14 hours or Apparatus 2 12 hours	Pilates Ladder Barrel, Step Barrel, & Small Equipment 6 hours or Apparatus 3 12 hours

“An extremely professional organization. I trust them with my future as a Pilates practitioner as if they were family.”

- S Jenner

BBU Mat Instructor Training

Modules: Mat 1 and Mat 2

Pilates Mat work is the foundation of Pilates and provides a great full body workout. The BBU Mat program includes the full repertoire of Pilates exercises, along with modifications and variations designed to make your program successful for a wide range of clients.

By focusing on the principles underlying the Pilates method, we give you the power to be a creative, inspiring and transformative teacher.

The BBU Mat Instructor Training Program includes:

- » Exercise instruction in pre-Pilates and the complete Mat repertoire
- » Comprehensive manuals consistent with current national standards
- » Cueing, coaching and teaching tips for clients at different levels of ability
- » Safety information for teaching older adults, pre- and post natal women, and clients with back, knee, neck and shoulder conditions
- » Tips on teaching successful group programs

Mat 1 (16 hours)

Introduction to Pilates & Beginning/Intermediate Exercises

Prerequisites: 1 year experience teaching movement, 20 Pilates Mat classes

Mat I includes an introduction to the history and principles of Pilates, pre-Pilates, beginning and intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors and pre/post-natal classes.

Mat 2 (16 hours)

Intermediate/Advanced Exercises

Prerequisite: Mat 1

Mat 2 includes the remaining intermediate and advanced level exercises, as well as tips for creating great group classes. Pilates programs for specific sports are also covered.

Requirements for BBU Mat Instructor Certificate of Completion

To become a fully qualified Balanced Body University Mat Instructor, students must complete the following:

- » BBU Mat 1 - Course work, written and practical tests (16 hours)
- » BBU Mat 2 - Course work, written and practical tests (16 hours)
- » 25 Mat personal sessions and 45 student teaching hours or
- » 20 Mat personal sessions, 15 observation hours and 35 student teaching hours
- » Final written and practical test

Total hours for completion of program:

102 hours (not including anatomy).



Mat

BBU Reformer Instructor Training

Upon completion of all requirements, a certificate of completion as a Balanced Body University® Mat Instructor will be issued.

Modules: Reformer 1, Reformer 2 and Reformer 3

The Pilates Reformer is an extraordinarily flexible piece of exercise equipment allowing resistance and support for exercises involving every part of the body. Our program gives you a thorough understanding of how to use the Reformer to develop core and extremity strength, stability, flexibility, coordination and balance. The wide range of exercises provides a stimulating and fun workout for clients at any level of ability.

The BBU Reformer Program includes:

- » Exercise instruction in the traditional Pilates Reformer repertoire along with modifications and additional exercises
- » Comprehensive manuals consistent with current national standards
- » Sample programs and classes for all levels
- » Cueing, coaching, safety and teaching tips for clients at different levels of ability
- » Instruction in observing, analyzing and correcting posture and movement imbalances
- » Guidelines for teaching older adults, pre- and post-natal women,



- and clients with back, knee, neck and shoulder conditions
- » Equipment safety and maintenance

Reformer 1 (18 hours)

Introduction to the Reformer & Beginning Exercises

Prerequisite: 2 years experience teaching movement, anatomy, 30 Pilates Reformer classes or personal training sessions. Pilates Mat instructor training is highly recommended.

Reformer 1 includes an introduction to the Pilates Reformer including set up and safety, beginning exercises, program sequencing and teaching tips for group classes. By the end of the course you will be able to teach a beginning Reformer group class or personal training session.

Reformer 2 (16 hours)

Intermediate Exercises

Prerequisite: Reformer 1

Reformer 2 includes intermediate exercises and modifications designed for group and individual instruction. Teaching successful classes to clients at different levels of ability and clients with physical limitations are emphasized. Sample programs for a variety of clients are included.

Reformer 3 (14 hours)

Advanced Exercises & Sports Specific Programs

Prerequisite: Reformer 2

Reformer 3 training includes the advanced Reformer exercises, plus sports specific programming tips and strategies for teaching the more challenging exercises safely and effectively. Advanced level programming is included to challenge any client.

Requirements for BBU Reformer Instructor Certificate of Completion

To become a fully qualified Balanced Body University Reformer Instructor, students must complete the following:

- » Anatomy
- » BBU Mat Instructor training or equivalent (102 hours)
- » BBU Reformer 1 — Course work, written practical tests (18 hours)
- » BBU Reformer 2 — Course work, written and practical tests (16 hours)
- » BBU Reformer 3 — Course work, written and practical tests (14 hours)
- » 50 Reformer personal sessions and 100 student teaching hours **or**
- » 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours
- » Final written and practical tests

Total hours for completion of Reformer program: **198 hours** (not including anatomy).

Total hours for completion of Mat and Reformer program: **300 hours.**

Upon completion of all requirements, a certificate of completion as a Balanced Body University Reformer Instructor will be issued.

BBU Apparatus Instructor Training

Modules: Trapeze Table/Cadillac, Tower, Chair, and Barrels

The Trapeze Table/Cadillac (or Tower), Chair and Barrels complete the Pilates exercise system. Each of these pieces of equipment add an extra dimension to your private or group work.

The BBU Apparatus program includes:

- » Exercise instruction on the Trapeze Table or Tower, Chair, Ladder Barrel, Step Barrel and small apparatus
- » Comprehensive manuals consistent with current national standards
- » Cueing, coaching, safety and teaching tips for clients at different levels of ability
- » Guidelines for creating programs incorporating the complete Pilates system
- » Equipment safety and maintenance

Students seeking a comprehensive certificate of completion can elect to take either the Trapeze Table/Cadillac or Reformer with Tower modules. You do not need to take both.

Trapeze Table/Cadillac (18 hours)

Prerequisite: Reformer 2 or equivalent

Trapeze Table training includes instruction on equipment safety and set up, exercises for beginning through advanced level clients, and incorporating the exercises into a complete workout for Pilates personal training or circuit training classes. The Trapeze Table is excellent for teaching the principles to new clients, refining movement patterns for post rehabilitation and challenging your most advanced students.

Reformer with Tower (18 hours)

Prerequisite: Reformer 2 or equivalent

Reformer with Tower training includes instruction in how to teach the Tower and Wall Tower exercises safely and effectively in personal training and small group settings. The Tower program includes instruction in many of the traditional exercises, as well as additions designed for a fitness setting. Applications and programs for personal training and group classes are included.

Pilates Chair Module (14 hours)

Prerequisite: Reformer 2 or equivalent

Pilates Chair training includes an introduction to the Pilates Combo, EXO™ and Wunda Chairs, as well as instruction on the complete repertoire for beginning, intermediate and advanced levels. Using the Chair for sports specific conditioning along with programming for personal training and group classes is included.

Pilates Ladder Barrel, Step Barrel and Small Equipment (6 hours)

Prerequisite: Reformer 2 or equivalent

Barrels and small equipment training include an introduction to the Step Barrel, Ladder Barrel, Foot Corrector, Toe Corrector, Ped-A-Pull and Ring. The exercises for the Step Barrel and Ladder Barrel are covered in detail along with applications for personal training and group classes.

The modules can be taken individually as shown or offered as a mixed apparatus training course (Trapeze Table, Chair and Barrels: Module 1, 2 and 3) depending on the Host Studio.

Trapeze/Chair/Barrel 1 (14 hours)

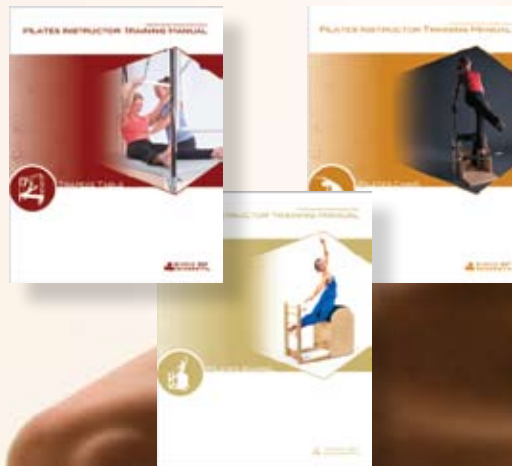
Prerequisite: Reformer 2 or equivalent

Trapeze/Chair/Barrel 2 (12 hours)

Prerequisite: Reformer 2 or equivalent

Trapeze/Chair/Barrel 3 (12 hours)

Prerequisite: Reformer 2 or equivalent



BBU Requirements for Completion

To become a fully qualified Balanced Body University Pilates Instructor, students must complete the following requirements:

- » Anatomy
- » BBU Mat Instructor training or equivalent (102 hours)
- » BBU Reformer Instructor training or equivalent (198 hours)
- » BBU Trapeze Table/Cadillac (or Tower) Course work, written and practical tests (18 hours)
- » BBU Chair - Course work, written and practical tests (14 hours)
- » BBU Barrels - Course work, written and practical test (6 hours)
- » 45 Personal sessions and 105 teaching hours **or**
- » 35 Personal sessions, 20 observation hours and 95 teaching hours
- » Final written and practical test

Total hours for completion of Trapeze Table/Cadillac (or Tower), Chair and Barrels: **188 hours** (not including anatomy). Total hours for completion of full program: **488 hours**.

Personal Sessions

Students can count any classes or Pilates personal training sessions they have already taken. Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring instructor.

Observation Hours

Observation hours include watching experienced instructors teach group classes or private sessions. Observation is a great way to understand verbal and manual cueing, program sequencing and to hone your teaching skills.

Student Teaching Hours

Teaching hours include any Pilates teaching either as an employee at a fitness center or studio or for family and friends.

BBU Practical Exam

Once a student has completed all required Mat, Reformer and/or Apparatus course work and hours, they must pass a written and practical exam demonstrating their teaching ability. Exams will be regularly scheduled at BBU Host Sites and at trade shows and conferences in different parts of the world. If instructors are not able to test out due to geographical challenges, testing out by video may be arranged. Students completing only the Mat program can test out after Mat. Students completing Mat and Reformer or just Reformer can test out after Reformer. Students completing the full program will test out after completing all of the modules and additional hours.

The practical exam consists of:

A written exam and observation of a session with a client or a class. Once a student has completed *all of their hours* and is ready to test out, they send in an application (available at www.bbupilates.com) to BBU and BBU will send them the specific details of the test out procedure.

During the exam the student's teaching skills will be evaluated in the following areas:

- » Correct set up set up and execution of the exercises
- » Client safety
- » Appropriate sequencing
- » Appropriateness of the exercises to the client or class
- » Understanding and application of the principles
- » Cueing and the ability to communicate with your client or class

If the instructor does not pass on the first try, BBU will discuss what they need to focus on in order to pass and set up a time line for completion.

Final Test Fees

A fee will be charged for final test-out.

The fee will depend on the location of the test and on the number of students attending.

Upon completion of all requirements, a certificate of completion as a Balanced Body University Pilates Instructor will be issued.

Pilates Method Alliance Certification Exam

Our curriculum meets national guidelines and is designed to prepare you for the Pilates Method Alliance (PMA) certification exam which can be taken upon completion of the full program.

Continuing Education Requirements

16 hours of continuing education every 2 years are required to maintain your status as a Balanced Body University® instructor. Continuing education credits can be earned through workshops from BBU or any of our affiliated educators or approved continuing education providers.

Additional costs of the program

All published prices for BBU courses include the course fee and manuals only. The cost of personal sessions and any costs associated with completing observation and student teaching hours are not included in the cost of the training program and are the responsibility of the student. Successful completion of the program does not guarantee employment.



Additional Modules: Continuing Education

Balanced Body University® offers a number of continuing education modules including:

Pilates EXO™ Chair Module 1 Beginner/Intermediate (12 hours)

Prerequisite: 2 years experience teaching movement

The EXO Chair combines all of the functions of a traditional Pilates chair with elastic tubing to create the ideal all in one workout system. The BBU EXO instructor training includes an introduction to the history and principles of Pilates along with exercise instruction on the complete repertoire for beginning through intermediate levels.

Pilates EXO™ Chair Module 2 Advanced Moves (12 hours)

Prerequisite: EXO Chair Module 1

EXO Chair module 2 includes intermediate and advanced level exercises along with a variety of workouts for all client levels.

Pilates Arc™ (6 hours)

Prerequisite: Mat 1 or equivalent

Add challenge and variety to your Pilates Mat class with the new lightweight Pilates Arc. Increase your abdominal work and expand your repertoire with this great new toy.

Mat & Ring (3 hours)

Prerequisite: Mat 1 or equivalent

The magic circle or ring is an original invention of Joseph Pilates that adds challenge to any Mat class. Learn the full repertoire, class sequences and fun ways to incorporate this inexpensive tool into your program.

Mat & Small Balls (3 hours)

Prerequisite: Mat 1 or equivalent

Small balls can be used in a surprising variety of ways to add challenge, interest and fun to your Mat classes. Balls can be used to increase proprioception and alignment, assist in engaging the core, and add balance and stability challenges. This is one of the most inexpensive ways to add variety to your classes.

Mat & Tubes and Bands (3 hours)

Prerequisite: Mat 1 or equivalent

Elastic tubing and bands bear a remarkable resemblance to the springs Joe Pilates used on his apparatus. Incorporating bands into a Mat class allows you to increase upper and lower body work, add resistance to basic Mat exercises and introduce Reformer repertoire into your classes.

Mat & Foam Roller (3 or 6 hours)

Prerequisite: Basic Mat Training

The 6" foam roller adds balance and stability challenges to your classes. It is also a great tool for myofascial release and self massage. Your students will love it!

Mat & Stability Ball (3 or 6 hours)

Prerequisite: Basic Mat Training

The stability ball is a wonderful addition to any Mat class, adding balance challenges, motion and play while increasing core stability and strength.
Call for pricing and more information



On Site Training

Interested in Offering Balanced Body University® On Site Training At Your Facility?

Balanced Body University offers On Site training at your fitness center or studio.

BBU courses are modular and progressive allowing you to get started quickly, and then grow your program as far as you desire.

Setting up a class is easy. Decide what courses you want to offer, give us a call and we'll help you set the date, select the right instructor, and even advertise your course on our Education Finder®. We can provide on-line registration and a toll-free number to make signing up as easy as possible.

Classes may be "open" or "closed". Open classes are published and are open to the general public. Closed classes are not published and are reserved for your students.

Class fees can be paid by students as they sign up, or directly by the fitness center or studio.

If you are starting or expanding your Pilates program, we can put together an equipment and education package tailored to fit your needs.

The cost of each module* includes:

1. Instructor teaching fee
2. Instructor travel, lodging and incidental expenses (for courses in the Continental US)
3. Marketing assistance
4. Education Finder® listing on www.bbupilates.com
5. Sales support through Balanced Body's sales force
6. Course graduates receive a discount at Pilates on Tour events and Balanced Body Equipment (where applicable)

BBU courses are designed to provide you and your staff with all the necessary training and support for a successful Pilates program.

**Manuals are additional.*



Balanced Body University®

In addition to our Pilates instructor training program, Balanced Body University offers the following services to the Pilates community:

Education Finder®

Find the Pilates instructor training or continuing education program that's right for you. The Education Finder lists courses from Balanced Body University and over 50 of the leading Pilates teacher training centers from around the world. It's easy to use! Just select a location and the kind of training you're looking for and you're on your way to discovering the very best in Pilates Education!

Pilates ON TOUR®

Around the world, Pilates on Tour has set the standard for high quality continuing education. Past Pilates on Tour instructors include Pilates Elders: Mary Bowen, Ron Fletcher, Kathy Grant and Lolita San Miguel, as well as over 50 industry leaders from every part of the Pilates universe. Pilates on Tour features small class sizes, lots of equipment, great destinations and more. Come see what everyone is talking about!

BBU Workshops

Interested in offering continuing education at your studio or fitness center? Balanced Body University makes it easy by helping set up a workshop at your location. We'll work with you to set up a program targeted to your needs, provide instructors and even help market the event on our Education Finder. Call today to find out how to get started.

Partnering With the Best in Movement Education

Anatomy in Clay™ Workshops

Anatomy in Clay is the best way to understand the musculoskeletal system and integrate anatomical knowledge into your teaching. In this course you build the muscles in clay on a specially designed skeleton helping you to imprint the bodies design deeply into your mind and body. BBU offers introductory and advanced level courses to help you understand the science behind the method.



Eric Franklin Method Workshops™

The Franklin Method teaches the practical elements of body design, emphasizing imagery for maximum efficiency. Incorporating these powerful tools into your Pilates teaching will make you a more effective, efficient and creative teacher.



Poolates™

You're probably familiar with the principles of the Pilates method: centering, control, precision, fluidity, breathing and concentration, combined into a mind-body program to strengthen the power house while increasing flexibility, and sharpening stability, coordination and posture. Well, it's time to take Pilates to the pool!

Pooling the elements of mat and apparatus-based Pilates, Poolates takes the fundamental principles of the Pilates method to the pool with a next generation, branded, aquatic exercise program.



SmartSpine Workshops™

The SmartSpine System, created by master trainer Marie-Jose Blom, consists of several support pieces designed to help the body find its most productive positioning. By supporting the skeletal and joint system in alignment, the neural system is retrained to recruit the deep muscles while releasing the overactive muscles. This virtual coach is the next best thing to having a teacher's guiding eye and touch at your constant disposal.



Walk-ilates Workshop

Walking + Pilates = Walk-ilates. Walk-ilates was developed by Pilates teachers Ellie Herman and Nancy Myers to enable clients to take what they learn in the studio to an upright position and maximize their walking experience.

The class begins with special releases and stretches using the foam roller, followed by Pilates Mat exercises using the magic circle and standing balances.

The class culminates in walking outside where proper gait and optimal alignment are stressed. Everyone will receive personal corrections to address their gait patterns.

Job Board

Balanced Body's Pilates Job Board is dedicated to connecting Pilates professionals with top employment opportunities. Use the job board to post a job or search for one worldwide.

Want to learn more?

To find out more about Balanced Body University please call us at 877/PILATES or send us an email to: info@balancedbodyuniversity.com.

Balanced Body University

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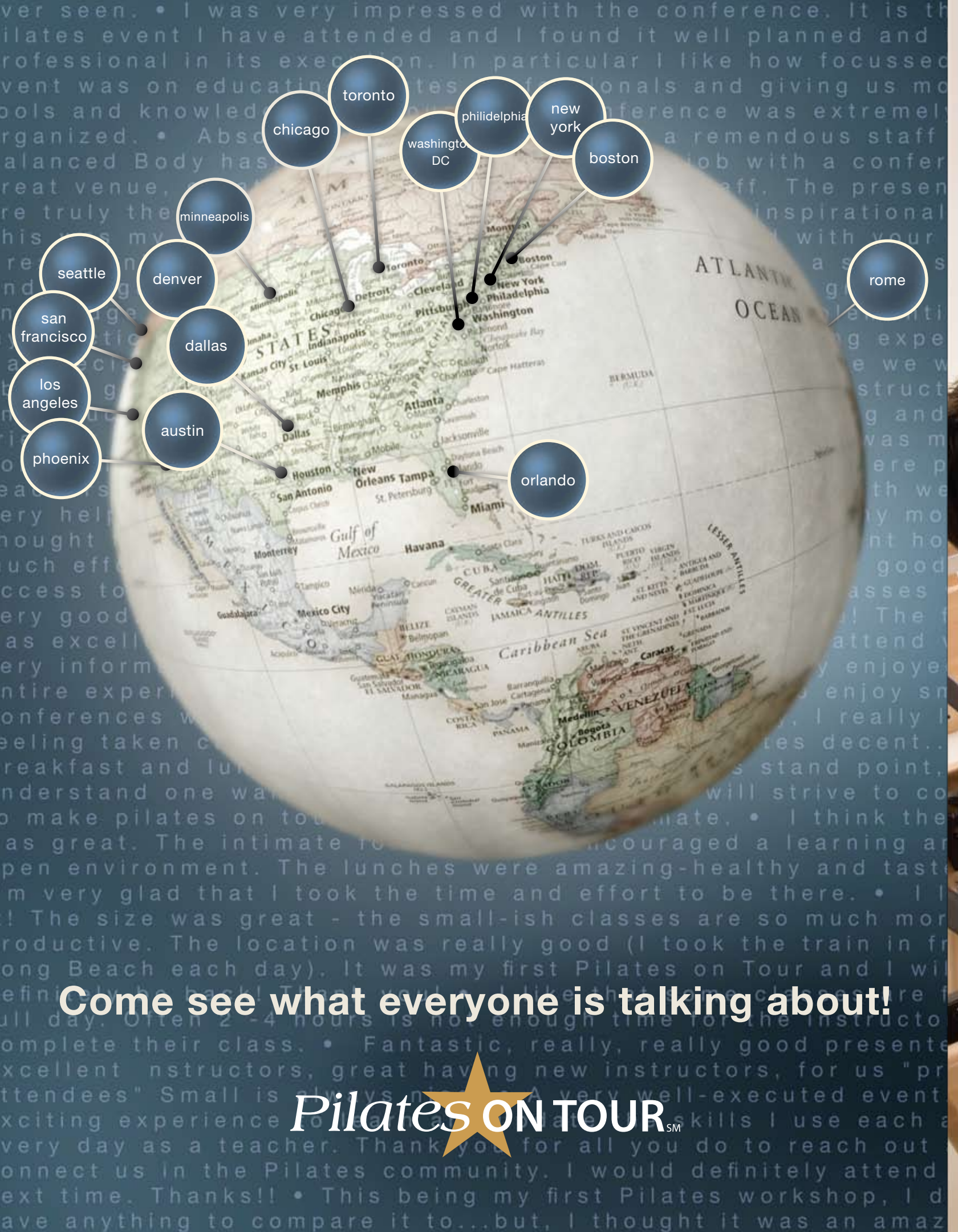
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Come see what everyone is talking about!

Pilates ON TOURSM

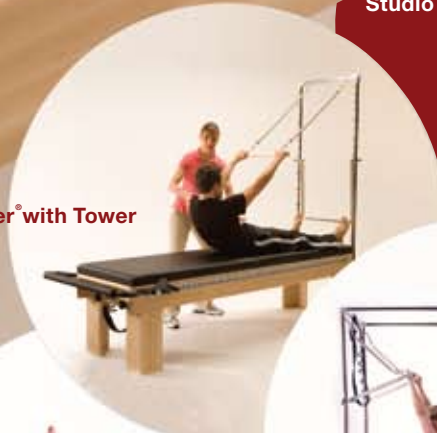
Welcome to the Pilates Professional Community

- 5% off equipment purchase for BBU students.
- Call us to join our pro email list and receive our eNewsletter and special product announcements.



Studio Reformer®

Clinical Reformer® with Tower



Trapeze Table



EXO™ Chair



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Pilates Certification and Education / Course Catalog

