

the PILATES  
center  
boulder, co est. 1990



Discover Your Potential

Your Career, Your Journey

The Pilates Center

Teacher Training Programs

iTPC

5500 Flatiron Parkway, Suite 110, Boulder, CO 80301 - [www.thepilatescenter.com](http://www.thepilatescenter.com)

Explore  
The  
Possibilities

## THE PILATES CENTER

The Pilates Center, Boulder, CO, is an internationally renowned studio and school providing unparalleled classical Pilates. Established in 1990 by "second-generation" sisters, Amy Taylor Alpers and Rachel Taylor Segel, The Pilates Center offers workshops and seminars for Pilates professionals, private lessons and group classes for the general public, as well as the world's foremost teacher training programs for Pilates instructors. The Pilates Center has been leading the industry in setting the gold standard for teacher training for over 20 years.

Amy and Rachel are committed to maintaining the powerful integrity of Joseph Pilates' work. At The Pilates Center our mission is to heal the world by empowering people to transform their health and "Return to Life" through Pilates.

# TEACHER TRAINING PROGRAMS

## Intermediate / Intermediate Plus

Our Intermediate Teacher Training Program is the perfect way for anyone to begin their journey to become a professional Pilates teacher. Over the course of nine months our students explore the complete, comprehensive classical Pilates repertoire and teaching principles. Through our 60-hour Formal Lecture Series, internship hours, advisor meetings, and examinations, students are able to delve deeply into the beginning through intermediate levels of repertoire. Upon completion of this 450 hour program, and after passing all written, performance, and practical exams, our graduates receive The Pilates Center Intermediate Teacher Training Program Certificate of Completion\*.

**The Intermediate Plus Program** allows 12 months for more flexibility, deeper exploration, and more practice time. It comprises 600 hours. Upon completion, and after passing all written, performance, and practical exams, our graduates receive The Pilates Center Intermediate Plus Teacher Training Program Certificate of Completion.\*

## Advanced

Our renowned Advanced Teacher Training Program has been recognized as the most respected, comprehensive and intensive program of its kind for over 20 years. Over the course of twelve to eighteen months, our students are challenged to master the entire classical Pilates repertoire and its foundational principles in order to deepen and broaden their Pilates practice and teaching skills. Our Advanced Program students are required to complete the 60-hour Formal Lecture Series twice, and participate in a rich, multi-faceted structured internship. Upon completion of this 950 hour program, and after passing all written, performance, and practical exams, our graduates receive The Pilates Center Advanced Teacher Training Program Diploma.\*

## Bridge

Our Bridge Program is designed for graduates of The Pilates Center Intermediate (or Plus) Teacher Training Program or another 450-hour (minimum) comprehensive teacher training program who wish to advance their skills and further their education at The Pilates Center. Over the course of nine months our students explore the complete, comprehensive classical Pilates repertoire and teaching principles. Through our 60-hour Formal Lecture Series, internship hours, advisor meetings and examinations, students are able to delve deeply into the intermediate through advanced levels of repertoire. Upon completion of this 500 hour program, and after passing all written, performance and practical exams, our graduates receive The Pilates Center Advanced Teacher Training Program Diploma.\*

\*Completion of this program qualifies you to take the PMA Certification Exam