



2009 Equipment Certification Information

Objective: Tone's primary focus and emphasis as a Pilates Studio is on wholeness and health. We are not solely a teacher training facility. Our hope in offering certification opportunities is to select individuals who are pursuing teaching and who show a strong desire to work at Tone. We want to grow our own teachers who hold the same intention as Tone's mission statement. Our certification follows the recommended guidelines set out by the Pilates Method Alliance.

Prerequisites:

- Participation in 6 private sessions at Tone (Introduction and New Client Special), followed by 14 more sessions. Private sessions would be optimal but these could be semi-privates (with another Teacher Trainee) if approved by the Studio Director.
- 2 years movement experience (dance, yoga, pilates or related exercise).
- Acceptance into the program via a completed application and interview
- Mat Certification (24 hour program)

Required Reading:

Pilates – Rael Isacowitz (\$19.95)

Dance Anatomy and Kinesiology – Karen Clippinger (\$59.00)

Handouts given en route

(These books are available at Tone.)

Course Requirements (minimum):

- 72 hours of instruction
- 40 hours observation
- 120 hours self-practice
- 120 hours teaching practice

Course Contents:

Reformer (24 hours)

Cadillac (24 hours)

Chair (8 hours)

Ladder Barrel (4 hours)

Accessories (including Ped-O-Pul) (4 hours)

Assessment (2 hours)

Posture (2 hours)

Anatomy (4 hours)

Dates and Times:

PHASE I

Friday, April 3, 3:00 – 5:00pm
Saturday, April 4, 12:30 – 4:30pm

Friday, April 17, 3:00 – 5:00pm
Saturday, April 18, 12:30 – 4:30pm

Friday, May 1, 3:00 – 5:00pm
Saturday, May 2, 12:30 – 4:30pm

Friday, May 15, 3:00 – 5:00pm
Saturday, May 16, 12:30 – 4:30pm

PHASE II

Friday, October 23, 3:00 – 5:00pm
Saturday, October 24, 12:30 – 4:30pm

Friday, November 13, 3:00 – 5:00pm
Saturday, November 14, 12:30 – 4:30pm

Friday, November 20, 3:00 – 5:00pm
Saturday, November 21, 12:30 – 4:30pm

Friday, December 11, 3:00 – 5:00pm
Saturday, December 12, 12:30 – 4:30pm

PHASE III (2010)

Friday, February 12, 3:00 – 5:00pm
Saturday, February 13, 12:30 – 4:30pm

Friday, February 26, 3:00 – 5:00pm
Saturday, February 27, 12:30 – 4:30pm

Friday, March 12, 3:00 – 5:00pm
Saturday, March 13, 12:30 – 4:30pm

Friday, March 26, 3:00 – 5:00pm
Saturday, March 27, 12:30 – 4:30pm

Exam: You must take the written and practical exam within 6 months of completion of the course and all the required observation and practices.

Cost: The Tone equipment certification program is \$3,300 if paid in full, \$3,700 if paid in installments or \$3,000 for the early bird special. See below for details.

Early Bird: \$3,000 single payment to be paid by January 31, 2009

Full Payment: \$3,300 single payment to be paid by March 15, 2009

Payment Plan: \$3,700 (two payments)

1st Payment: \$1,850 due March 15, 2009

2nd Payment: \$1,850 due November 20, 2009

Registration Fee: There is a \$300 registration fee. If the applicant is accepted into the program, the \$300 will be applied to the course tuition. If the applicant is not accepted into the program, the \$300 will be refunded. In the case of the applicant withdrawing his or her reservation once the application is received and approved, there will be no refunds given.

Renewal: This certification expires in 3 years from receipt of certificate. To renew, documentation of 40 hours of Pilates-related continuing education must be submitted to Tone before expiration of the certification. This is equivalent to 4.0 CEC's.

Make-up Policy: Please make every effort to attend each scheduled session. Make-ups are costly in terms of dollars and energy. If you absolutely have to make-up a session, there is a two part process. The first part is to book a one hour session with Monica. The fee for this session is \$60 per hour per person with a minimum of 2 people needing to do the same make-up instruction. Otherwise, the cost is \$120 per hour for an individual session. Make-up times arranged per individual needs and as schedule permits. The second part consists of writing a 3 page essay on the topic of the week. This assignment will be given and reviewed by Monica and must be completed by the next instruction session.

Certified Teachers: If you are in process or have completed your equipment certification at Tone or at another facility, you may join any of our 2 hour sessions for \$50 per session or 4 hour sessions for \$100 per session.

Instructor: Monica Anderson is a Gold Certified Pilates Method Alliance teacher. She has taught movement and dance for 20+ years and Pilates over 14 years. She studied and has been certified by Sarah Johnson-George (mat and equipment), Physicalmind (mat), completed Mat and Reformer training with Stott. She continues to be a student in Pilates taking continuing education from Marie Jose Blum, Brent Anderson, and Kathy Grant, to name a few masters. She is also certified in group fitness, personal training, and yoga. She holds a BA from UCSD and upper division work in education with 2 teaching credentials. She is a mom of 3 fabulous beings.