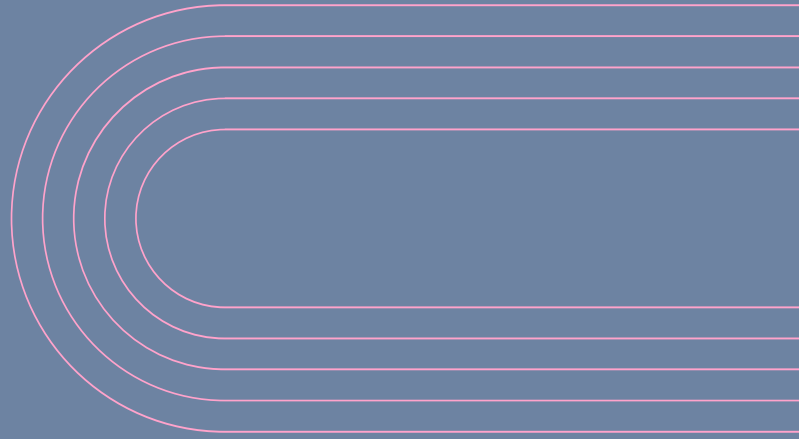




212 PILATES

COMPREHENSIVE PILATES
TEACHER CERTIFICATION

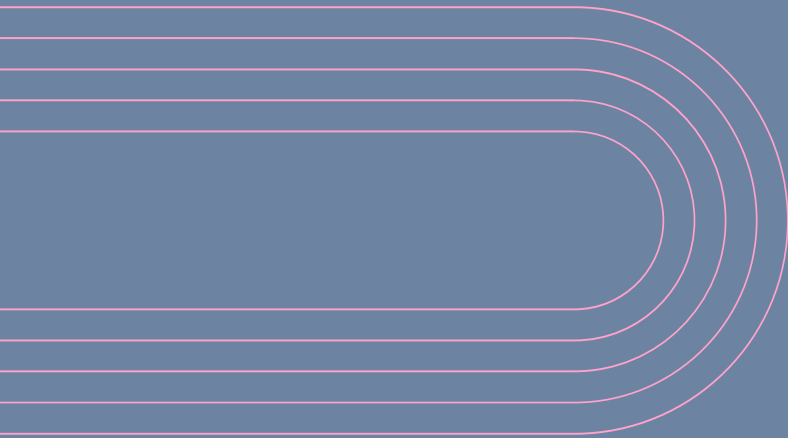




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TRAIN DEEPLY. TEACH CONFIDENTLY. CHANGE LIVES.

Our 700+ hour comprehensive Pilates certification prepares you to become a skilled, compassionate, and confident pilates instructor — rooted in anatomy, spine-safe movement, and real-world teaching experience.

We blend classical and contemporary approaches with a strong therapeutic foundation, so you'll graduate ready to support every body.

What Makes 212 Different?

Tara Gordon, founder of 212 Pilates, has pioneered a spine-safe approach rooted in evidence-based movement that makes pilates safe for every body. This certification will teach you how to meet people where they are and modify the movement to them. The program will be built on small group mentorship and real-time feedback with expert faculty and guest specialists, building real confidence in your teaching abilities.





COURSE BREAKDOWN

What You'll Learn

- Anatomy & Biomechanics
- Functional Movement & Postural Patterns
- Classical + Contemporary Mat Pilates
- All Apparatus: Reformer, Cadillac, Chair, Barrel
- Hands-On Cueing, Fascia, & Release Techniques
- Prenatal, Postnatal, Osteoporosis, Menopause & More
- Private & Group Class Programming
- Supervised and Observed Teaching
- Guest Lectures on Special Populations
- Diverse Teaching Styles: Learn from both classical and contemporary comprehensive instructors and other movement professionals, physical therapists and body workers



CERTIFICATION SCHEDULE

****SUBJECT TO CHANGE****



Week 1: Anatomy & Biomechanics

9/19 Friday 4-8pm
9/20 Saturday 2-7pm
9/21 Sunday 1-7pm

Week 2: Mat Pilates

9/26 Friday 4-8pm
9/27 Saturday 12-6pm
9/28 Sunday 12-6pm

Week 3: Reformer 1

10/10 Friday 4-8pm
10/11 Saturday 2-8pm
10/12 Sunday 2-8pm

Week 4: Cadillac

10/17 Friday 4-8pm
10/18 Saturday 2-8pm
10/19 Sunday 2-8pm

Week 5: Reformer 2

11/7 Friday 4-8pm
11/8 Saturday 2-8pm
11/9 Sunday Intermediate Cadillac 2-8pm

Week 6: Advanced Reformer & Choreo

11/22 Saturday 2-8pm
11/23 Sunday 2-8pm

Week 7: How To Plan A Session

12/5 Friday 4-7pm
12/6 Saturday Supervised Teaching 1-4pm

Week 8: Barrel & Chair

12/13 Saturday 2-8pm
12/14 Sunday 2-8pm

Week 9: Fascia & Release

1/16 Friday 4-8pm
1/17 Saturday 2-8pm
1/18 Sunday 2-8pm

Week 10: Back Pain

2/7 Saturday 2-8pm
2/8 Sunday 2-8pm

Week 11: Guest Lectures

TBD In February

Week 12: Neck & Shoulder

2/27 Friday 4-8pm
2/28 Saturday 2-8pm

Week 13: Hip, Knee, & Foot

3/6 Friday 4-8pm
3/7 Saturday 2-8pm
3/8 Sunday 2-8pm

Week 14: Pre & Post Natal, Menopause

TBD

April & May

Observation hours, teaching hours,
and practical exams



PRICING OPTIONS

FULL PRICE

\$8500

- Flexible payment plans available
- Email hello@212pilates.com to discuss

PAID IN FULL DISCOUNT

\$8000

- \$500 off when paid in full at time of registration

REFUND POLICY

There will be no refunds or partial refunds for tuitions paid. Payment plans require full payment, regardless of program completion. Please be committed to the program in its entirety before registering.

ATTENDANCE POLICY

Students are expected to arrive on time for all workshops, fully prepared with necessary learning materials and ready to engage. Punctuality and active participation are essential for the successful completion of the 212 Pilates Comprehensive Teacher Certification.

Attendance of 100% of all sessions is required to complete the program and be certified. Any missed hours must be made up through a makeup session, which will incur an additional fee of approximately \$70 per hour (subject to change).

In most cases, the makeup session must be completed before the next module. Scheduling the makeup session can be done by emailing the studio at hello@212pilates.com and coordinating between the studio and the instructor.

FREQUENTLY ASKED QUESTIONS

Elegibility & Enrollment

Do you have any prerequisites to apply?

We welcome students from a variety of backgrounds. No formal Pilates education is required—just curiosity, commitment, and care.

To apply, you should have:

- Over 20 hours of personal Pilates practice
- A love of movement and a belief that it's for every body
- A desire to grow as a teacher, mover, and compassionate leader

Not sure if you're ready? Reach out—we're happy to guide you.

Who is eligible to apply?

Anyone **18 or older** who meets the prerequisites above and wants to pursue a career in teaching the full Pilates system.

How do I register, and when do courses open?

Submit a letter of interest to hello@212pilates.com. Courses begin each September and run through May.

Program Structure & Time Commitment

How much time is required per week?

This is module-dependent. You'll typically be in the studio **two weekends per month (Friday–Sunday)** for larger modules and two days for smaller ones. Around holidays we adjust to avoid unreasonable scheduling. Outside of in-studio weekends, you'll self-manage your observation, practice, and teaching hours.

How is the 700 hour program broken down?

- Lecture: 200 hours
- Observation: 120 hours
- Self-Practice: 120 hours
- Practice Teaching: 140 hours
- Apprentice Teaching: 120 hours

Do I need to be in-studio, or are parts available online?

The 212 Pilates Certification is fully in-studio. You may complete some practice hours outside the studio before you reach apparatus modules.

FREQUENTLY ASKED QUESTIONS

Curriculum & Teaching Philosophy

What if I already have Mat and/or Reformer training—can that count?

No. Our training is not modular. We teach the **comprehensive Pilates system** through a structured progression designed to help you internalize biomechanics, movement principles, and teaching applications—not just memorize choreography.

For example, you'll first study **anatomy and biomechanics** before beginning Mat. In Mat, we'll break down each exercise into its biomechanical components and fundamental movement patterns, as well as cover contraindications for different populations.

Instead of teaching all of Reformer at once, we move into **Beginner Reformer**, then into **Beginner Cadillac**, using the same layered approach. Each module connects back to Mat and to fundamental biomechanics. This way, you see how exercises relate across apparatus before moving forward. From there, we progress into **Intermediate and Advanced levels**, gradually building your knowledge so everything reinforces itself.

This approach ensures you don't just learn choreography—you learn to **see connections, make intelligent choices for clients, and teach Pilates as a full system**.

Why train at this studio—what makes it special?

212 Pilates blends **classical roots with contemporary applications**. Our 212 Method prepares you not only to teach repertoire but to understand movement, adapt sessions for diverse clients, and build a sustainable teaching practice.

Where are the trainings held?

All trainings are held **in-studio** at 212 Pilates in New York City.

What's included with tuition?

All required **manuals, readings, and apprentice meetings** are included in tuition.

FREQUENTLY ASKED QUESTIONS

Exams & Assessments

What are the graduation requirements (hours, coursework, exams)?

Completion of all required hours (see breakdown above), homework, and successful passing of exams.

What are the requirements for submitting practice logs?

You are self-monitored. Mentoring teachers will check in, and it will be evident whether you're completing your hours through your progress in the program.

What happens during the practical exam (structure, timing, components)?

You will have multiple test-outs:

- After Mat
- After all apparatus modules
- Final comprehensive exam

The final includes both a written test and a teaching practical.

Can I deviate from the exercise order if I justify the flow?

Yes. You'll learn the classical order and its logic, but we are a contemporary studio as well. We'll teach you how to adapt flow for the client in front of you.

What's the written exam like (format and content areas)?

Questions may include:

- Identify biomechanics and fundamentals in a given exercise and relate it across apparatus.
- Program design for a hypothetical client based on case information.

Can I take the practical or written exam via video or proctor?

No. Your final exam must be taken **in-studio**.

Program Reputation & Hiring Expectations

How do I know if a Pilates program is reputable?

Look for a program that isn't a "get-certified-in-a-weekend" scheme. A reputable program is comprehensive, thorough, and prepares you to teach the full system of Pilates, not just memorize sequences.

Does completing this certification guarantee employment?

Completion of the program qualifies you to teach Pilates, but employment depends on opportunities in your area, networking, and your initiative.



CONTACT US

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**THANK
YOU**

We look
forward to
working with
you!

