

Pilates instruction is one of the fastest growing fitness related jobs in the world, and certified instructors are in high demand. If you are thinking about beginning a career in fitness, or looking to add Pilates to your current certifications, join us at Pure Movement Portland for Pilates Academy International instructor training.



Pure Movement Portland believes that a great instructor possesses three essential skills: a solid understanding of anatomy, a strong command of the exercise repertoire, and the ability to inspire and motivate clients. Every body is different, and every student requires unique and personal attention. There is no better feeling than being part of someone's personal transformation as they work to achieve their fitness goals.

At Pure Movement Portland, you will learn to become not only an instructor, but a teacher-providing each student their best possible class and inspiring them to work to their potential.

• BECOMING AN INSTRUCTOR •



The Pilates Academy International is committed to providing students with the knowledge and skills necessary to become excellent, sought-after instructors. We aim to equip our students with not only a strong mastery of the Pilates exercises and functional anatomy, but also the teaching skills necessary to attract and retain a strong client base.

The PILATES ACADEMY INTERNATIONAL was created so that the focus of Pilates could be shifted to the individuals it was designed to help most: the clients. We believe that Pilates is only as good as its ability to serve the clients' needs.

www.pilatesonfifth.com



Leslie J. Hamm has an extensive background in movement, and transitioned into fitness while living in NYC. During her time at the Lotte Berk Method in Manhattan and Bridgehampton, Leslie was able to study with founder Lydia Bach, as well as Core Fusion® founders Elisabeth Halfpapp and Fred DeVito.

At Pilates on Fifth, founded by the famous identical twins Kimberly and Katherine Corp, Leslie became certified first as a Stott Pilates instructor and later as an instructor and instructor trainer in both CARDIOLATES® and Pilates with Pilates Academy International. After having children, Leslie continued her education by gaining a Certified Personal Training certificate from the National Academy of Sports Medicine. Leslie is happy to be home and working in Maine after years of traveling and living abroad.

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PILATES ACADEMY INTERNATIONAL INSTRUCTOR TRAINING



PURE MOVEMENT
P O R T L A N D



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AVAILABLE COURSES

ALL COURSE COSTS INCLUDE MANUALS

ABP

Anatomy, Biomechanics & Posture Review

This course reviews the structures (bones, muscles, joints, etc.) that form the support of the human body. An emphasis will be placed on "ideal" posture and "ideal" biomechanics of each joint while helping students learn how to detect abnormalities both statically and dynamically. Open to all personal trainers, this course is invaluable in helping you provide lasting results for your clients and increase your marketability.

SPRING COURSE:

FRIDAY FEBRUARY 29TH 3-9 PM
SATURDAY MARCH 1st 12-6 PM

SUMMER COURSE:

SUMMER: JULY 12TH & 13TH 8AM-2 PM

COST: \$360.00

PRIVATE COURSE: \$504.00

CARDIOLATES®

This course covers the technique and choreography of CARDIOLATES®, as well as the benefits of rebounding that will help you educate and promote the practice to your clients.

You will learn the basic formats for CARDIOLATES® group classes, and the health benefits of rebounding.

SPRING COURSE:

MARCH 29TH & 30TH 12:30AM-6:30PM

SUMMER COURSE:

AUGUST 23RD & 24TH 10:30AM-4:30PM

COST: \$450

PRIVATE COURSE: \$750

*With Pilates certification- 12 hours

**Without Pilates certification- 16 hours

Cardiolates recognizes a number of Pilates mat certification programs

APM

All Populations Mat

This course teaches the first three tiers (Fundamental, Fundamental 2, and Intermediate) of the Mat repertoire. Students will learn how to modify all exercises for all age groups and fitness levels to create safe and effective workouts. Emphasis is placed on maintaining variety and providing small challenges while safely progressing a client in order to avoid monotony.

68 EXERCISES

PREREQUISITE: ABP

SPRING COURSE:

FRIDAYS MARCH 21ST & 28TH & APRIL 4TH 3-9PM
SATURDAY MARCH 22ND 12-6PM
SATURDAY APRIL 5TH 12-5PM
MONDAY MARCH 31ST 6:30-9:30PM
TUESDAY APRIL 1ST 6:30-9:30PM

SUMMER COURSE:

JULY 14TH-19TH 10AM-4 PM

COST: \$1080

PRIVATE COURSE: \$1472



APR

All Populations Reformer

134 EXERCISES

PREREQUISITE: ABP & APM (or equivalent)

PRIVATE COURSE: \$2240

RPC

Reformer Progressions/Challenge

PREREQUISITE: APM, MPC, & APR

PRIVATE COURSE: \$700

Reformer training classes are available privately upon request.

MPC

Mat Progressions/Challenge

This course teaches the last two tiers (Advanced Intermediate and Advanced) of the Mat repertoire. Students learn how to assess when a client is ready to be challenged and then how to progress the client safely and effectively.

20 EXERCISES

PREREQUISITE: APM

SPRING COURSE:

APRIL 11TH 3-9PM

SUMMER COURSE:

JULY 20TH 10AM-4PM

COST: \$195

PRIVATE COURSE: \$700

TO APPLY:

All students applying for admission into a PAI training session at Pure Movement Portland must provide the following:

1. Completed application form.
2. \$200 deposit.
3. Personal statement summarizing your intentions.

While students enrolling in Pilates Academy International training courses are not required to have previous Pilates experience, we feel that students who come into the course with some prior experience are able to progress much more quickly.

Pure Movement Portland offers Pilates classes every day of the week, and reformer classes by appointment. For our full schedule of courses, visit:

www.puremovementportland.com
training@PureMovementPortland

EXAM COSTS:

Foundations & Mat Exam: \$225

Foundations & Reformer Exam: \$225

Foundations, Mat & Reformer Exam: \$250