



Academy of Contemporary Movement - PILATES REFORMER TEACHER TRAINING

DATES SUMMMER COURSE ENGLISH

02.06.2023 & 03.06.2023 | Modul I, Pilates Reformer Beginner
07.07.2023 & 08.07.2023 | Modul II, Pilates Reformer Intermediate
01.09.2023 & 02.09.2023 | Modul III, Pilates Reformer Advanced

DATES AUTUMN COURSE GERMAN/ENGLISH

10.11.2023 & 11.11.2023 | Modul I, Pilates Reformer Beginner
08.12.2023 & 09.12.2023 | Modul II, Pilates Reformer Intermediate
02.02.2024 & 03.02.2024 | Modul III, Pilates Reformer Advanced

HOURS: Fridays form 4.00 PM - 08.30 PM | Saturdays form 10.00 AM - 05.00 PM

LOCATION: Citypilates, Hohlstrasse 509, 8048 Zurich

WHAT WE WILL ACHIEVE TOGETHER IN THIS TRAINING

You will understand the background and basics of the Pilates method.
You learn to teach over 90 Reformer Pilates exercises.
You know how to properly use the Pilates Reformer.
You know how to modify Pilates exercises on the Reformer for all levels.
You know how to effectively instruct and develop exercises.
You know how to structure a Reformer Pilates class and private sessions.
You know how to teach intuitively, professionally and successfully.
You will work out how to prepare for practice based on your own case study.

DIPLOMA

"Pilates Reformer Teacher" by ACM® - Academy of Contemporary Movement

REQUIREMENTS

- Pilates mat degree or anatomical knowledge.
- Minimum of 20 completed Pilates Reformer Trainings

PREIS

Module I-III

Privat: 1 participant | CHF 2'900 | 2.5 days (18 h), excl. exam

Duet: 2 participants | CHF 1'850 | 3 days (20 h), excl. exam

Klein-Gruppe: 3-5 participants | CHF 1'700 4.5 days (32 h), excl. exam

Gruppe: 6-16 participants | CHF 1'500 4.5 days | (32 h), excl. exam

Single Modul: CHF 560 per Modul, excl. exam

EXAM: CHF 200

EXAM DATE: By arrangement

ANMELDUNG: By mail to info@citypilates.ch or by phone at 044 558 24 54