Conference & Event Services

APPALACHIAN STATE UNIVERSITY®

2027

Pilates Teacher Training

February 13- July 31, 2027

In the spring and summer of 2027, Appalachian State University dance faculty will offer a comprehensive teacher-training program in Pilates, sponsored by The College of Fine and Applied Arts, Conference and Event Services and the Department of Theatre and Dance. The Pilates Teacher Training Program at Appalachian is unique in many ways. The emphasis of the program is to produce quality teachers who are trained in the authentic, classical style of Joseph Pilates. The 600+ hour program begins with 6 credit hours of academic coursework in Pilates and will culminate with a summer intensive, exams, and a full-time apprenticeship leading to certification. Our program combines rigorous daily practice in Pilates with an academic study of Joseph Pilates' philosophy and concepts.

The academic structure of the program will ensure that the Pilates method and concepts are fully integrated throughout a consistent, yearlong program of study. The academic setting will also allow the initial teaching experiences to be closely monitored. The summer intensive will focus on the application of sound teaching principles in a comprehensive studio and the practice and understanding of advanced exercises. Content will include training on all equipment, safety issues, basic anatomy, modifications for injuries and working with diverse populations. Apprentice teaching experiences will consist of observation, practice teaching, and instruction with master teachers. Successful apprentices will pass written and practical exams at the basic, intermediate, and advanced level. This program meets and/or exceeds the guidelines as set forth by the Pilates Method Alliance and is listed in the Classical Pilates Directory for teacher training programs.

This program will require commitment, daily practice, regular study time, and an adherence to a set, regular apprentice schedule. Due to the physical nature of the program, applicants are expected to be physically fit and apprentices will be required to maintain fitness. In order to fulfill the requirements leading towards certification, this program will require consistent part-time focus (10-15hours/week) from mid-February to

mid-May, and a **full-time commitment from late May through July 2027**. Therefore, taking summer school classes, having a part-time job, or making out of town commitments May through July are unrealistic and are not recommended.

ACADEMIC REQUIREMENTS

(270-360 hours) Successful candidates to the program will have satisfactorily completed the following coursework:

- (2) SSU 2480 Pilates Mat
- (2) SSU 4480/5480 Pilates Apparatus
- (2) Repeat SSU 2480 or 4480/5480 as a teaching assistant
- (3) DAN 4460/5460 Somatics is also recommended (not required) as an introduction to functional anatomy and a survey of related body therapies

The courses listed above will give the student a solid foundation and understanding of the basic and intermediate mat and apparatus. The academic requirements will give the student their initial observation and assistant teaching experiences. The required academic courses are prerequisites that must be fulfilled before applying to the teacher-training program. ASU students can register during any of the designated periods and are subject to all fees and tuition.

ADDITIONAL REQUIREMENTS: (400+ hours)

- Attendance and successful completion of the Spring Basic Weekend Seminars. These workshops will focus on teaching the apparatus, safety and modifications for beginning clients. Initial apprentice teaching hours will be required in February, March, April and May.
- Attendance and successful completion of the Summer Intensive Training. The intensive will focus on applying sound teaching principles in a comprehensive studio for basic, intermediate and advanced clients.
- Successful completion of final apprentice teaching hours, Summer 2027. Apprentice teaching experiences will consist of observation, practice teaching, lessons with master teachers, written and practical exams. This is a full-time commitment from late May through July 2027.
- Successful completion of basic, intermediate, and advanced written and practical exams by July 31, 2027.

SCHEDULE:

To uphold our standards and ensure the quality of the teacher-training program, *no exceptions* to the following required schedule will be made:

Basic Seminar: February 13-14, 2027, (15 hours)
Saturday, February 13, 9-5pm
Sunday, February 14, 9-5pm
Snow Date, February 20 & 21, 9-5pm

Apprentice Teaching the Basic Apparatus (20-25 hours)
8 weeks, February 15-April 9, 2027
Begin independent apparatus teaching. Teach 4-5 friends, 5 lessons each and complete 5 workouts/week

Supervision Days, (12 hours)
Saturday, March 20, 2027, 9-12pm, Apprentice Lessons and Q&A
Saturday, April 10, 2027, 8-5pm

*During the morning session on Saturday, April 10, you will need to demonstrate your teaching with a friend. You must have given them at least 5 lessons.

Continue Apprentice Teaching the Basic Apparatus, (20-25 hours)
5 weeks, April 11-May 16, 2027
Continue independent teaching friends and family, in preparation for the intensive. (Teach 4-5 friends/week, and complete 5 workouts/week)

Intermediate and Advanced Intensive (100 hours)
Monday, May 17- Friday, May 21: 8am-5pm
Saturday, May 22 and Sunday May 23: Work Day
Monday, May 24- Friday, May 28: 8am-5pm

Apprentice Teaching I, (90-105 hours)
4 weeks, May 31- June 25, 2027
Teach 20-25 clients/complete 4 apprentice hours/6 supervision hours/each week
For supervision, each apprentice is required to participate in 6 hours/ week with Master Trainers (Take and observe lessons and attend Q&A weekly, throughout this block).

Supervision Day, (8 hours)
Saturday, June 26, 2027, 8-5pm
Intermediate exams and supervision

Apprentice Teaching II (120-140 hours)
4 weeks, June 27- July 23, 2027
Teach 25 clients/complete 4-apprentice hours/6 supervision hours/each week

Final Supervision Days
Monday, July 26 and Tuesday, July 27, 2025, Times: 8-5pm, times as needed, including advanced supervision days, finishing client hours, final practical teaching exams and written exams.
*All requirements must be successfully completed by July 31, 2027.

*Hours in red signify hours accrued.

Initially, apprentices will be expected to schedule friends and family to work with. We will also work to schedule a wide variety of clients from ASU and the community. In order to fulfill your apprentice hours, you will need to schedule approximately 10-15% more client hours than required, in order to make up for no shows and emergencies.

FEES:

Text designed for the Pilates Teacher Training Program at Appalachian State University		$250
6 Practical and Written Exams, Basic, Intermediate and Advanced (April-July)		$750
7 Periodic supervision days (Feb-July)		$800
12 Day Intensive (May 19-May 30)	$1700	
12 Biweekly lessons with master teachers (June and July)		$1000
Total cost		$4500

This all-inclusive fee includes instruction in the basic seminar, the teacher training intensive, regular lessons with Master Trainers Lauren McMahon and Rebecca Quin, the use of Appalachian State University's Pilates equipment and studio, periodic supervision of apprentice teaching, and all text and exam fees.

Early bird special: $200 discount if application and fees are paid in full by October 15, 2026, $4,300! **All fees and deposits are non-refundable.**

By October 31, 2026 the application and $800 **non-refundable registration fee** must be received. The second payment of $1,850 is due by Nov. 30, 2026 and the final payment of $1,850 is due by Dec. 31, 2026.

Payment Method

1. Pay online with credit card - Full Payment Only

   Spaces are filled on a first-come, first-served basis. Your best chance of securing a place in this course is to register online by credit card now.

2. Mail

You may also choose to mail your registration with a check or money order. It is possible, however, that the course may fill before we receive your payment information. To mail your registration, please complete this registration form and return to:

Pilates Teacher Training Program
Conference and Event Services
ASU Box 32042
Appalachian State University
Boone, NC 28608-2042

COMPLETION POLICY:

- Students who have met the academic program requirements may apply for admission to the teacher-training program. In order to uphold the standards of our program, only students of highest caliber will be admitted. **Acceptance into the teacher-training program does not guarantee certification**.

- Acceptance is based on successful prerequisite completion, teaching promise and anticipated teaching potential. Mastery of the Classical Pilates repertory and improving teaching effectiveness is the responsibility of the apprentice while in the program. Successful participants must commit to completing all requirements within the agreed upon time-frame.

- To assess progress, written and practical exams are given at the basic, intermediate and advanced levels. Successful completion of the written and practical exams is required for final certification. If any of the 6 (written or practical exams) are failed and need to be retaken, there will be a $200 retest fee and 50 additional apprentice hours will be assigned. If the *retest* is failed, the apprentice will automatically forfeit the right to continue the program.

- If an extension is needed for dire circumstances, a detailed request must be submitted, stating reasons for the extension and a specific time-line for completion. If granted, the revised time-line will be negotiated and an additional $*400*/month will be charged for additional supervision.

Instructors

LAUREN CHILDS MCMAHON has a lifetime of experience in movement & studio work. She began her dance training at the age of 3 at Classical Ballet Memphis. She moved to Boone in 2006 & throughout her time at Appalachian, Lauren was deeply integrated & involved in the Department of Theatre and Dance. In 2007, she began studying Pilates & The GYROKINESIS® Method under instructors Rebecca Quin, Marianne Adams, & Laurie Atkins. She completed the 600+ hour Classical Pilates Teacher Program in August 2011, & graduated from Appalachian State University with a BA in Dance Studies & a minor in Sociology.

Lauren has taught throughout the North Carolina High Country area and Charlotte, including her own studio, Ebb & Flow Movement, as well as Appalachian State University‘s Health Promotions, Northwestern Studios, Blue Ridge Acupuncture, & Chetola Resort and Spa. She relocated to Miami, FL, taught at multiple studios, & obtained her GYROKINESIS® certification. Lauren is back in Boone and currently an instructor in the Department of Theatre and Dance at ASU and a Master Trainer for the Pilates Teacher Training Program.

REBECCA QUIN has an extensive background in Pilates, GYROTONIC® , somatics, dance, yoga and expressive arts therapy. She holds a MA and NCC in Community Counseling with an emphasis in Expressive Arts. She began studying Pilates intensively in 1998 with certified instructor Marianne Adams while working on her BA in Child Development with a minor in Dance. In 2003 she completed a 700-hour apprenticeship to receive comprehensive certification in the Authentic Pilates Method, through the Pilates Studio in NYC.

Rebecca has studied with master teachers Romana Kryzanowska, Brett Howard, Ton Voogt, and Michael Fritzke. She has taught classes for the cast of 42nd Street in NYC, Platinum Pilates, Batchelor Chiropractic, Wellspring Chiropractic, Rippling Waters Yoga Studio, Neighborhood Yoga, Grandfather Mountain and Linville Ridge Country Clubs. She is a certified instructor in the GYROKINESIS® and GYROTONIC® methods of bodywork, and also certified in Yoga, 200 RYT. She is listed in the directory of Classical Pilates Instructors as a Second-Generation Classical Pilates Teacher and is a Senior Lecturer in the Theatre and Dance department at Appalachian State University.