



Registration Form

DATE OF REGISTRATION

/ /

- Full Comprehensive Program
- Mat Certification Program
- Bridge Program
- 300H Reformer, Tower & More
- 300 H Chairs & Barrels (if applicable)

PERSONAL INFORMATION

Full Name :

Nickname : Phone :

Date of Birth : / / Email :

Emergency Contact: Phone :

ADDRESS

Present Address :

City :

Zip Code :

QUESTIONS

Do you have any previous Pilates experience? Yes No

If yes, with who(m) and what studio(s)?

How long have you been practicing Pilates?

Are you looking for a job as soon as you graduate? Yes No

Do you want to work for Pilates Glow? Yes No

QUESTIONS CONT.

Do you want to start your own Pilates business?

Yes No

Do you have a good support system at home?

Yes No

How did you hear about our training?

MEDICAL

Do you have any pre-existing health conditions, surgeries existing or planned that we should know about, please list them here. Including any medications.

By signing this you acknowledge that you are in excellent mental and physical health to go through a training program and you agree to participate at your own risk. Pilates Glow and Yoga LLC is not responsible for any injury that may occur due to a pre-existing condition or one that may arise.

Signature

Date

TRAINING DATES (2025)

Comprehensive Teacher Training/Bridge:

Beginner Module: April 4th - 6th

Intermediate Module 1: April 25th - 27th

Intermediate Module 2: May 2nd - 4th

Advanced Module: October 24th - 26th



TUITION

I acknowledge the **Full Comprehensive Teacher Training Program** costs \$6750 when paid in full. To register for the training we require a \$2000 nonrefundable deposit. We also offer a payment plan for 10 months after the deposit is made at \$525/month. A card or bank account must be kept on file for the installment payments.

I acknowledge the **Bridge Program** costs \$4750 when paid in full. A \$1500 non-refundable deposit is required to enroll in the program. We also offer a payment plan for 6 months after the deposit is made at \$600/month. A card or bank account must be kept on file for the installment payments.

The **Pilates Mat Teacher Training Program** is \$1700. A \$500 non-refundable deposit is required to enroll in the program. We also offer a payment plan for 3 months after the deposit is made at \$450/month. A card or bank account must be kept on file for the installment payments.

To register for the **300H Programs** costs \$3,777 when paid in full. A \$1000 non-refundable deposit is required to enroll in the program. We also offer a payment plan for 6 months after the deposit is made at \$488/month. A card or bank account must be kept on file for the installment payments.

If you miss any of the dates for the training modules above, you will have to make it up at your own discretion. You are allowed to come observe subsequent modules at a later date for a fee of \$100 per day. It is your responsibility to make up any lost time not at your group's training modules.

Book your final assessment test out of the module(s) when you are ready. If you fail your 90 minute test, for each module, you will have to wait 4 weeks before taking it again, in which you will be charged a re-testing fee of \$175. So make sure you are ready to take your test before booking.

STRUCTURE OF FULL COMPREHENSIVE PROGRAM:

Our program is divided in two sections: the Seminar and the Practice. The first section is the Seminar Series which is meticulously crafted and presented to immerse you in all aspects of Pilates. Over four weekends, delve into beginning, intermediate, and advanced-level movements for each apparatus. While demanding, these exercises leads to transformative results.

The second phase is the Practice, where you'll apply the knowledge gained from the seminars to participants. The 600-hour program is structured as follows:

Hours:

Observation: 200 hours of Privates and Group Classes

Teaching: 250 hours of Privates, Shadowing a Certified Teacher, Group Classes

Practice: 150 hours

*All of the teaching and practice hours must be completed at Pilates Glow studio, supervised by a certified Pilates teacher. This includes all of the material that is provided for you, including the website. A portion of your observation hours can be done through the website: Pilatesology.com. We will assign 50 hours that can be done through this website.



REFERENCES

Full Name:

Business:

Relationship:

Phone:

Email:

Full Name:

Business:

Relationship:

Phone:

Email:

PREREQUISITES

Comprehensive: 20 Privates or comparable at Pilates Glow or another approved studio. 90 minute wellness session with Sarah. This session is \$175 and it includes a 60 minute private followed by 30 minutes of discussion on goals and commitment.

Mat: 10 Mat classes at Pilates Glow or a comparable studio.

300H Programs: 10 Privates or comparable experience with Sarah Martin or another approved certified teacher.

DISCLAIMER AND SIGNATURE

I certify that my answers are true and complete to the best of my knowledge. If this application leads to my acceptance into the teacher training program, I understand that false or misleading information in my application or interview may result in my release.

I acknowledge that I am an Student in the teacher training program. I am solely responsible for completing the required hours for certification and faithfully adhering to the exercises outlined in the manual taught during the seminars.

Signature

Date