



DATE OF REGISTRATION

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# Registration Form

Full Comprehensive Program

Bridge Program

## 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



Classical Comprehensive  
Teacher Training & Mentorship Program

QUESTIONS CONT.

Do you want to start your own Pilates business?  Yes  No

Are you able to commit at least 12 hrs/week to the training?  Yes  No

Are you aware that this training will take 12 - 18 months to complete?  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 (2023)

This training program will consist of three long weekends with the dates and times that follow:

- March 3rd, 4th, 5th
- September 22nd, 23rd, 24th
- February 2nd, 3rd, 4th

Fridays will focus on the mat portion 2-8pm (30 minute break)  
Saturday and Sunday will focus on the apparatus portion: 9am -6pm (1 hour lunch break)

## Classical Comprehensive Teacher Training & Mentorship Program

### TUTION

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I acknowledge the **Full Comprehensive Teacher Training Program** will cost \$6750. A \$2000 non-refundable deposit is required to enroll into the program. The additional \$4750 can be paid in 6 installments of \$792 each (with a monthly processing fee of \$39). You may pay this in full before the training begins. Once the training starts you have six months to pay the remaining portion.

I acknowledge the **Bridge Program** will cost \$5000. A \$2000 non-refundable deposit is required to enroll into the program. The additional \$3000 can be paid in 6 installments of \$500 each (with a monthly processing fee of \$39). You may pay this in full before the training begins. Once the training starts you have six months to pay the remaining portion.

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 \$150. So make sure you are ready to take your test before booking.

### STUDIO ETIQUETTE

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1. It is the Trainee's responsibility to wipe down all equipment after each use and put away any equipment they use.
2. Trainee is required to use the safety features of the equipment. If you are unsure about how to use a piece of apparatus, ask the staff.
3. Trainee is only allowed to teach what they have learned in their training seminars with Sarah.
4. Trainee is required to follow rules set forth by the Studio regarding the health and safety of themselves, Pilates students and instructors.
5. Horseplay, vulgar language, abuse of equipment, working out while intoxicated or other inappropriate behavior will not be tolerated and may result in the suspension or cancellation of the Trainee's registration, and the balance of the program being declared due and payable in full immediately.
6. Cell phones are to be silenced.
7. No photography or videoing of teachers in the studio unless explicit agreement before hand.
8. Keep the studio clean, throw trash away in the trash cans.
9. Wear appropriate clothing when coming into the studio to train.
10. Please be courteous and quiet when clients are being taught in the studio.
11. Make sure to log your hours and get signatures from any certified teacher at the studio.



## REFERENCES

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Full Name:

Business:

Relationship:

Phone:

Email:

Full Name:

Business:

Relationship:

Phone:

Email:

Full Name:

Business:

Relationship:

Phone:

Email:

## PREREQUISITES

20 Privates or comparable at Pilates Glow or another approved studio.  
 90 minute wellness session with Sarah. This session is \$175 which will be deducted from the cost of tuition. It includes a 60 minute private followed by 30 minutes of discussion on goals and commitment.

## 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.

Signature

Date