



SPECIALIZING IN THE ORIGINAL PILATES METHOD OF BODY CONDITIONING

Pilates Instructor Mentor Program at Excel Application Form

Name: _____

Address: _____

Telephone: _____

Email address: _____

How long have you been practicing Pilates?

Where have you studied Pilates?

Where and when did you complete your teacher training program?

How long have you been teaching Pilates?

Why are you interested in participating in the Pilates Instructor Mentor Program at Excel?

How do you envision the Pilates Instructor Mentor Program at Excel assisting you in reaching your teaching goals?

At which studio location would you anticipate completing the mentor program, Excel Movement Studios in Washington, DC, Excel Pilates Annapolis in Annapolis, MD, or both?

What days/hours are you envisioning participating in the mentor program?

To apply: submit this form, completed, along with a \$75.00 non-refundable application fee (check made payable to Excel) to: Excel Pilates Annapolis, 2001 Tidewater Colony Drive #101, Annapolis, MD 21401. You will receive a confirmation call that your registration materials were received. Upon approval of application, an evaluation session and interview will be scheduled, \$75 non-refundable evaluation fee applies. The evaluation session and interview will determine acceptance to the program. Acceptance into the Pilates Instructor Mentor Program at Excel is based on, but not limited to, the completion of a classical comprehensive Pilates teacher training program, level of skill and physical integration of the Pilates method, overall knowledge of the Pilates method and professionalism.