

## Application for Excel's Pilates Teacher Training Program

Name:

Address:

Telephone    AM:  
                  PM:

Email address:

How long have you been practicing Pilates?

Where have you studied Pilates?

On a separate page please discuss:

- Why are you interested in becoming a Pilates instructor?
- How do you envision your individual teaching style?
- Describe *any* type of current or previous teaching experience.

Are you currently teaching Pilates?

What is your fitness background?

Please describe your medical history including injuries, or any existing medical conditions:

Empower Your Body  Empower Your Mind®

Excel Pilates Annapolis, Inc.  
2001 Tidewater Colony Drive, #101  
Annapolis, Maryland 21401  
410.897.0550

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Please submit the following with application:

Please write on a separate page your level of ability in Pilates, including names of Pilates exercises as well as strengths and weaknesses.

Please submit two recent letters of recommendation with this application.

Also submit a letter of verification from your Pilates studios and/or teachers of study outlining duration of study, number of sessions, type of sessions, apparatus used and include teacher signature.

Prerequisite requirements include consistent study of the Pilates Method of Body Conditioning, both mat and apparatus, consistently for a minimum of one year or 60 sessions (see criteria for immersion program in program brochure). Applicant must be at a solid high Intermediate level with basic knowledge of apparatus set ups and safety features. All Apprentices enrolled in Excel's Teacher Training Program are required to maintain current CPR certification while enrolled in the program.

Upon approval of application, an evaluation session and interview will be scheduled. The evaluation session and interview determine acceptance to program. There is a \$100 non-refundable evaluation session fee which can be applied to program fee if accepted into program.

Criteria for acceptance into the Pilates Teacher Training Program is based on, but not limited to, level of skill and physical integration of Pilates exercises, ability to articulate existing knowledge of The Pilates Method and professionalism.

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