



Application Requirements

1. Application Forms and all accompanying material should be sent to:

Inside Out Method Inc. dba Core Dynamics Pilates

244 Bannock St

Denver, CO 80223.

Complete the application Form provided and submit one copy to Core Dynamics

3. Submit a resume that covers your professional & Pilates background/experience.

4. Submit a Practical Studio Mentorship agreement.

5. Submit one letter of recommendation from your Pilates instructor.

6. You will be notified by email or telephone once you are accepted into the Teacher Training program.

7. Once you choose your workshop location, pay a deposit of \$200 to Core Dynamics Pilates/inside Out Method Inc. 30 days prior to the commencement of the Level I workshop weekend.

You will receive more specific information about the workshop location and times Upon payment of the workshop deposit.

8. All workshops must be paid in full 14 days before the date that the workshop is scheduled to begin. Please contact us at 303 859 5644 for additional information, or info@CoreDynamicsPilates.com

Inside Out Method Inc. dba Core Dynamics Pilates Teacher Training Program

244 Bannock St.

Denver, CO 80223

e-mail – info@coredynamicspilates.com

PILATES TEACHER TRAINING APPLICATION

**Please complete this form as part of your application to the Core Dynamics Pilates Teacher training Program. Be sure to indicate the location where you plan to attend the weekend workshops. Once we receive your application, you will receive additional information from us as well as an invoice for your non-refundable application fee and workshop deposit. Thank You!*

PRINT NAME:

ADDRESS:

CITY: _____ STATE: _____

ZIP CODE: _____ AGE: _____

PHONE: (HOME): _____ (WORK): _____

(CELL): _____ (E-MAIL): _____

OCCUPATION:

REFERRED BY:

EMERGENCY CONTACT NAME: _____ NUMBER:

*Location and date of CD Workshop you plan to attend:

Name and location of studio where you will be doing your mentorship:

Pilates & Other Fitness Training:

Teaching Experience:

Degrees Received:

Why do you want to teach Pilates?

How did you hear about Core Dynamics?
Pilates?

Instructions:

**You must know and be able to perform intermediate Pilates exercises on the four major pieces of equipment before entering the program.*

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This form must be returned, along with a completed application, to the studio where you will be attending the workshop before acceptance into the program.

MENTORSHIP

I _____ understand that it is my responsibility to find a studio at which I may complete my required hours for teacher training. Those hours are separate from the workshops, Level I – V, and need to be completed in the following manner.

Personal Practice: Hours may begin accruing as soon as the application fee has been paid. We recommend a minimum of two workouts per week to gain proficiency in the Pilates method. 120 hours

Practical Studio Mentorship: May include observing and assisting certified teachers, as well as helping with routine studio operations. 125 hours

Practice Teaching: Can begin after completing Level 1 workshop with approval from your teacher trainer and mentorship studio. Practice teaching involves covering information learned in the most recent workshop to family and friends at no cost. 135 hours

Studio that will sponsor your mentorship:

Name

Address

Phone

_____ Owner _____

Student signature: _____ Date: ___/___/___

Owner/Mentor signature: _____ Date: ___/___/___