



	Basic Mat	Intermediate Mat	Advanced Mat
Pre-requisites	None <i>15 hours of Classical Mat classes are highly recommended</i>	<ul style="list-style-type: none"> Successful completion of the Peak Pilates® Basic Mat course Copy of CPR/Current First Aid Certificate 	<ul style="list-style-type: none"> Successful completion of the Peak Pilates Intermediate Mat course Copy of CPR/First Aid Certificate
Certificate Awarded	Certificate of attendance issued on day of completion A Basic Mat Certification will be awarded upon a passing score on all assessments and submission of 30 logged hours.	Certificate of attendance issued on day of completion. An Intermediate Mat Certification will be awarded upon a passing score on all assessments and submission of 30 logged hours.	Certificate of attendance issued on day of completion. An Advanced Mat Certification will be awarded upon a passing score on all assessments and submission of 30 logged hours.
Materials Required	<ul style="list-style-type: none"> Basic Mat Manual Mat Level I Online Video Library Dynamic Mat Level I Workout Video Mat Progressions Workout Video 	<ul style="list-style-type: none"> Intermediate Mat Manual Intermediate/Level II DVD 	<ul style="list-style-type: none"> Advanced Mat Manual Advanced/Level III DVD
Materials Recommended	The Pilates Primer: Joseph H. Pilates and William J. Miller (<i>Not included in price. Purchase separately at Amazon</i>)	Anatomy of Movement (Available at Amazon)	
Certification Requirements	<ul style="list-style-type: none"> 100% Attendance Passing Score on all Assessments Submission of all logged hours 	<ul style="list-style-type: none"> 100% Attendance Passing Score on all Assessments Submission of logged hours 	<ul style="list-style-type: none"> 100% Attendance Passing Score on all Assessments Submission of logged hours
Course length	2 days (Assessment at the end of the second day)	2 days (Assessment on the second day)	2 days (Assessment on the second day).
TOTAL HOURS			
Course Contact Hours	17.5 hours	17 hours	18 hours
Observation	10 hours	10 hours	0 hours
Personal Practice	10 hours	10 hours	15 hours
Teaching	10 hours	10 hours	15 hours
Total Cumulative Hours	47.5 hours	47 hours	48 hours
Continuing Education Requirements:	14 CECs required every 2 years. Maximum of 8 CECs from non-Peak Pilates courses.	14 CECs required every 2 years. Maximum of 8 CECs from non-Peak Pilates courses.	14 CECs required every 2 years. Maximum of 8 CECs from non-Peak Pilates courses.

Assessment hours are incorporated into the course contact hours (excluding the written exam, which is a take-home assessment). The duration of the assessment portion on the second day will vary depending on the size of the class. On average, the technique and teaching assessment portions last a total of 2-3 hours.