PEAK PILATES®

PEAKPILATES.COM

The Fast Track to a Peak Pilates® Comprehensive Level I Certification

The Online Level I Bridge course is the first step towards your Peak Pilates® Comprehensive Certification. This condensed course allows instructors who may be certified from other national Pilates organizations the ability to jump right into the Peak Pilates® Comprehensive Certification. The Online Level I Bridge course provides streamlined programming and flexible learning options that simplify our standard live Level 1 course work, setting you on the fast track to successfully growing your instructor career!

Program Benefits

Becoming Peak Pilates® Certified is Now Easier than Ever

- Expand upon your existing knowledge and gain the gold standard in Pilates Education
- Convenient and flexible learning options
- Exceptional online learning library complete with exercise videos, podcasts, online presentations and more
- Rich instructor manual and DVDs that will become cornerstone resources to support your practice

Program Details

Online Course

- Submit application to register for course
- Upon acceptance, complete all home study online coursework.
- Take the Level I Bridge Theoretical Final Exam
- Schedule live video teaching & technique assessment

TOTAL PRICE - $1295.00

Includes registration, all course materials, and assessment

*Upon successful assessment individuals will be awarded the Peak Pilates® Level I Instructor Certification.

Apply Today!

For more information about applying contact Peak Pilates® Education at **bridge@peakpilates.com**

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Program Objectives

- Develop a structured approach that will allow you to give the right cue at the right time using a proven session format, exercise orders, and layering cues in a meaningful way
- Explore all Peak Pilates® Level I exercises for Mat, Reformer, Tower, Ladder Barrel, Small Barrel, High Low Chair, Low Chair, and Endings
- Expand your vocabulary for alignment and movement with Peak Pilates® unique Shapes in Space, Key Concepts and Critical Connections vocabulary
- Review anatomy as it relates in a practical way to the powerhouse and posture

NOTE: This program is only available to individuals who are certified through a nationally recognized Pilates organization

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