

FITCORE™

FitCore™ Mat

FitCore™ Chair

FitCore™ Reformer

Recommended Study	<p>A minimum of the completion of one of the following or similar prior to attending live module</p> <ul style="list-style-type: none"> • Calais-Germain, Blandine. <i>Anatomy of Movement</i> (available in many translations) • Staugaard-Jones, JoAnn. <i>The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports and Yoga</i> • Dimon Jr, Theodore. <i>Anatomy of the Moving Body, Second Edition: A Basic Course in Bones, Muscles and Joint</i> • The Kinetic Anatomy 4th Edition Online CEC Course with Ebook https://us.humankinetics.com/products/kinetic-anatomy-4th-edition-online-ce-course-with-ebook 		
Pre-requisites	<ul style="list-style-type: none"> • Group Fitness certification recommended (<i>barre, yoga, group ex, personal training</i>) 	<ul style="list-style-type: none"> • Group Fitness certification recommended (<i>barre, yoga, group ex, personal training</i>) 	<ul style="list-style-type: none"> • Group Fitness certification recommended (<i>barre, yoga, group ex, personal training</i>) • A Minimum of 20 hours practice on a Reformer
Certificate Awarded	<ul style="list-style-type: none"> • FitCore™ Fusion Pilates Mat Specialty Certificate upon passing score on evaluation and quiz. 	<ul style="list-style-type: none"> • FitCore™ Fusion Pilates Chair Specialty Certificate upon passing score on evaluation and quiz. 	<ul style="list-style-type: none"> • FitCore™ Fusion Pilates Reformer Specialty Certificate upon passing score on evaluation and quiz.
Materials Required	<ul style="list-style-type: none"> • Intro to FitCore™ • FitCore™ Mat Manual • Video Exercise Libraries, Workout and tutorials 	<ul style="list-style-type: none"> • Intro to FitCore™ • FitCore™ Chair Manual • Video Exercise Libraries, Workout and tutorials 	<ul style="list-style-type: none"> • Intro to FitCore™ • FitCore™ Reformer Manual • Video Exercise Libraries, Workout and tutorials
Certification Requirements	<ul style="list-style-type: none"> • 100% Attendance • Passing Score on Evaluation & Quiz 	<ul style="list-style-type: none"> • 100% Attendance • Passing Score on Evaluation & Quiz 	<ul style="list-style-type: none"> • 100% Attendance • Passing Score on Evaluation & Quiz
Live Course Length	<ul style="list-style-type: none"> • 6 hours • Evaluation at the end of the day 	<ul style="list-style-type: none"> • 8 hours • Evaluation at the end of the day 	<ul style="list-style-type: none"> • 16 hours • Evaluation at the end of day 2
Total Hours			
Course Live Contact Hours	<ul style="list-style-type: none"> • 6 hours 	<ul style="list-style-type: none"> • 8 hours 	<ul style="list-style-type: none"> • 16 hours/2 days
Course Online Hours	<ul style="list-style-type: none"> • Approximately 10 hours 	<ul style="list-style-type: none"> • Approximately 10 hours 	<ul style="list-style-type: none"> • Approximately 10 hours
Total Cumulative Hours	<ul style="list-style-type: none"> • 16 hours 	<ul style="list-style-type: none"> • 18 hours 	<ul style="list-style-type: none"> • 26 hours
Continuing Education Requirements	<ul style="list-style-type: none"> • 14 CECs required every 2 years. Maximum of 8 CECs from non Peak Pilates courses 	<ul style="list-style-type: none"> • 14 CECs required every 2 years. Maximum of 8 CECs from non Peak Pilates courses 	<ul style="list-style-type: none"> • 14 CECs required every 2 years. Maximum of 8 CECs from non Peak Pilates courses