



	Classical Level I Mat	Classical Level II Mat
Description	Classical Level I Mat prepares an instructor to teach a safe and effective mat class using fundamentals, preparatory exercises, building blocks, beginning and intermediate Pilates Mat exercises, and Add-Ins.	Classical Level II Mat adds on to the mat repertoire teaching new intermediate and advanced Mat exercises, new Add-Ins, and enhances teaching skills.
Pre-requisites	None <i>15 hours of Classical Mat Classes is highly recommended</i>	Completion of Classical Level I Mat.
Certificate Awarded	A Level I Classical Mat Certification is awarded upon achieving a passing score for all assessments and submission of LI.	A Level II Classical Mat Certification is awarded upon achieving a passing score for all assessments and submission of LII.
Requirements	Completion of all online assignments, required hours and successful assessment.	Completion of all online assignments, required hours and successful assessment
Materials Recommended	<i>The Pilates Primer: Joseph H. Pilates and William J. Miller (available on Amazon)</i> <i>Kinesiology Guide for Beginners by Macleod Oistin (available on Amazon)</i>	.
Course Length	Course must be completed within one year of the registration date.	Course must be completed within one year of the registration date
Total Hours		
Estimated Online Study Hours	25-30	20-25
Optional Live Course Hours	6	6
Exercise Technique Practice	10	15
Observation	10	5
Group Teaching Practice	20	20
Total Cumulative Hours	70	65
Assessment Requirements		
	Online Theoretical Exam	Online Theoretical Exam
	Exercise Technique	Exercise Technique
	Group Teaching	Group Teaching
Continuing Education Requirements		
	14 CECs required every 2 years. Maximum of 6 CECs from non- Peak Pilates Courses	14 CECs required every 2 years. Maximum of 6 CECs from non- Peak Pilates Courses

Assessment hours are not included in the course contact hours. The duration of the assessment is estimated at 1 hour total for both practical portions- the technique assessment and the group mat teaching assessment.