



OUR PILATES TEACHER TRAINING PROGRAM

Our teacher training program is not designed to simply produce instructors to meet marketplace demand — it's designed to develop an exercise professional — individuals who understand the power of movement and respect the profound possibilities it holds.

We aim to cultivate professionals who can use motion to help others on their unique journey toward peak performance—in life, business, or creative pursuits. Our unique teaching approach blends science and art to create meaningful, positive movement experiences for others. A Pilates workout is one such experience. By guiding clients

through movement, we inspire them to become physically aware and responsible. Through this process, they begin to take greater ownership of their health, their choices, and ultimately, their lives. A Pilates practice honors the innate wisdom of the human body. If more people lived this way, imagine how different the world could be.

The Foundation Program Pilates Method Teacher Training

Prerequisites:

- Completion of a compatible Level I Pilates Mat course (e.g., Power Pilates or Vertical Workshop)
- A competent working knowledge of the material as a client prior to beginning the program
- A signed endorsement from a senior teacher confirming readiness and prerequisite completion

Program Components:

- Coursework + Teacher's Lab: 24 hours
Scheduled with the presenting teacher (choose from:
4 hours/week for 6 weeks, 6 hours/week for 4 weeks,
or 8 hours/week for 3 weeks)
- Basics of Anatomy: 4 hours
Apprentice Workouts + Self-Practice + Teacher's Lab
Homework: 42 hours*
- Observation of Senior Teachers: 26 hours*
Apprentice Teaching/Seed Student Sessions: 50 hours
Oral, Written, and Practical Evaluations: 4 hours

Total time commitment: 150 hours

Tuition: \$1700 plus of studio fee of \$175.

Basis of Anatomy and Spark Studio Workouts costs are the responsibility of the apprentice.



Program Audience: This course is designed for dedicated students who wish to become instructors or those looking to deeply integrate these principles into their overall health and movement practice. Participants enrolled in the training program receive 15% off training sessions at Spark Studio.

Program Cost: Like any coursework that leads to a career, our Teacher Training Program requires a commitment of both time and money. We recommend completing the Foundation Program within a 3–6 month period. The total cost of the program is just under a couple of thousand dollars.

Serious Inquiries: If you'd like to consider enrolling in this Teacher Training program please contact Lesley Davenport at lesley@sparkmotionbody.com



Midpoint Evaluation:

After completing half of the 150 required hours, a one-on-one feedback session is scheduled to assess progress and determine if any adjustments are needed. At this time, your presenting teacher/mentor will provide guidance on where to focus efforts for the remaining components, especially in areas C and D listed above. Program Extensions: If an apprentice is unable to complete the required components within the recommended time-frame, a program extension can be requested and arranged collaboratively with the presenting teacher.



Why This Training Matters

Teacher training marks the beginning of a new chapter in your personal and professional growth. You'll gain valuable insight into your own health and be empowered to heal from the inside out. Whether you intend to teach recreationally, part-time, or as a career, this journey creates lasting human connections and a deeper sense of purpose. This program prepares you to step confidently into real-life teaching scenarios with mentorship and feedback during one of the most critical stages of your development. While many Pilates teacher trainings offer similar content, few provide the level of hands-on support, mentorship, and real-world application found here.

There's no substitute for experience. Our program bridges the gap between online learning and professional readiness. It's like taking coursework and completing an internship at the same time. In today's competitive market, employers seek candidates who not only know the material but can also apply it skillfully with real people. That ability—to work with others, to communicate, to lead—is what sets our graduates apart.

To inquire about the availability of our Teacher Training course please contact Lesley Davenport at lesley@sparkmotionbody.com.



Contact Spark:

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