



LET A CAREER IN PILATES TAKE YOU TO NEW HEIGHTS

Develop Your Potential as a Pilates Teacher

Are you passionate about movement, wellness, and empowering others? Do you dream of a career that is rewarding & fulfilling? Our Pilates Teacher Training Program is designed to equip you with the knowledge, skills, and confidence to become an exceptional Pilates teacher.

This immersive, comprehensive program offers a deep dive into the principles of Pilates, anatomy, kinesiology, and effective teaching methodologies. You'll learn to guide clients through a wide range of exercises, modify movements for various needs, and create dynamic and inspiring class experiences.

We believe in a holistic approach to training, focusing not only on the physical aspects of Pilates but also on the art of teaching and building a successful career in the wellness industry. Join a community of like-minded individuals and embark on a transformative journey.

Why Choose Our Program?

Expert Instruction

Learn from highly experienced and certified Pilates educators with a wealth of knowledge and practical experience.

Comprehensive Curriculum

Our 510 hour program covers all aspects of Pilates, from foundational principles to advanced techniques, ensuring you are well-prepared for any teaching environment. Learn the Pilates repertoire on all the apparatus and understand how each unique piece offers a different ability to engage with the body in front of you.

The Critical Reasoning Advantage

Move past rigid, memorized exercise scripts to deeply understand the *Why* and *How* behind every movement. You'll learn the assessment skills required to confidently evaluate a client's posture, restrictions, and structural imbalances.

Community and Networking

Become part of a supportive network of fellow trainees and graduates, fostering lifelong connections and professional growth.

In-Depth Anatomy and Kinesiology

Develop a profound understanding of the human body and how it relates to Pilates movement, enabling you to teach safely and effectively. Our in-depth, online pre-course will allow you to master the vocabulary before you step onto the studio floor. You will arrive at your first live module feeling confident, grounded, and ready to truly engage with the work.

Hands-On Experience

Gain valuable practical experience through observation, assisting, and practice teaching sessions under the guidance of our director who has over 30 years of movement teaching experience.

Flexible Learning Options

We know everyone has unique learning styles and we offer a variety of materials to support you during your training. Our online learning platform provides the hub for all your learning materials as well as a place to connect with others during the training process.



Key Program Highlights

Our program is meticulously crafted to provide you with an unparalleled learning experience. Here are some of the key aspects that set us apart:

- **Master the Pilates Apparatus:** Gain proficiency in teaching exercises on the Pilates apparatus including Reformer, Cadillac / Trapeze Table, Chair, Barrels and small apparatus. At Allison Kares Education Inc., we focus on a comprehensive approach where you learn about each piece side by side and how they fit your client's needs.
- **Understand Special Populations:** Learn how to adapt exercises for pre- and post-natal clients, seniors, and individuals with injuries or specific physical needs.
- **Develop Your Cueing Skills:** Master the art of clear, concise, and motivating verbal and tactile cues to guide your clients effectively. Practice these skills with students under the guidance of our Program Director and receive immediate and actionable feedback to improve your skills for your next class.



“If you are looking for a rigorous, high-quality program that will elevate your personal practice and your professional teaching, I highly recommend Allison Kares.”

— Cheyanne Tessier, 2026 graduate

Don't miss this opportunity to transform your passion into a rewarding profession.

Next Steps

Ready to take the first step towards an inspiring career in Pilates? We encourage you to:

1. **Visit our website** for detailed information on the curriculum, schedule, and tuition.
2. **Schedule a call** with our director, Allison Kares to discuss your goals and how our program can help you achieve them.
3. **Reserve your spot** before spaces run out. Our small cohort ensures you'll receive individualized attention.

We look forward to welcoming you to our vibrant community!

