

# The Lab by Elena LaMadrid

Learn how to teach, train,  
educate, and empower in  
our 500hr comprehensive  
pilates program.



# What is it?

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Studio Pilates Nashville owner, Elena LaMadrid, has partnered with THE LAB, a 500-hour, PMA-approved Comprehensive Pilates Teacher Training written by Holly Swanson of Core Chicago Pilates and Jacquelyn Brennan of Pilates and Coffee. This PMA-approved program is carefully designed to bring you both Classical and Contemporary exercises using traditional Pilates equipment: Mat, Reformer, Cadillac, Chair, High/Ladder Barrel, and Magic Circle.

# Why choose The Lab?

The Lab by Elena will not only provide you with the best educational tools and instruction needed to become a GREAT Pilates instructor but also mentors, encourages, and prepares you to to be a confident and successful teacher by the time you've completed your certification.

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- Mentorship from Elena
- Tips & Tricks to cueing, class planning & modifying for injuries
- Discounted Classes
- Studio Rental Options
- Observation Hours
- Help looking for teaching positions & becoming a profitable instructor



# Why Become Certified?

Our program will allow you to explore new opportunities through Pilates whether you decide to become certified to begin a new career teaching, teach as a side hustle or just to dive deeper into your personal practice.



# Comprehensive vs. Mat & Reformer

- ✓ You are looking to teach to make extra money part-time or a full time career
- ✓ Intend on teaching in a boutique style facility or gym with a fully equipped studio
- ✓ Would like to test into the Pilates Method Alliance®. Looking to focus on a specific type of client (i.e., seniors, athletes, teens, post-surgery, breast cancer rehab, etc.)

- ✓ You are looking to deepen your practice and teach group reformer and mat classes.
- ✓ Looking for a new side hustle to teach classes at a pilates studio that offers group reformer classes or mat classes
- ✓ You want to deepen your own personal knowledge of Pilates but don't intend on teaching

# Comprehensive 500H Training

Includes all of the following and must be completed to qualify for the PMA Exam.

## **Foundations**

## **Hours**

History & Philosophy of Pilates	4
Professionalism/Scope of Practice & Ethics	15
Anatomy & Movement Principles	40

## **Instructor Modules**

Mat	35
Reformer	50
Cadillac/Tower	20
Chair	14
Ladder Barrel	12
Spine Corrector	6
Magic Circle	4

## **Additional Requirements**

Personal Practice	85
Practice Teaching	130
Observation	75
Program Design	2
Practical and Written Exams	8

# MAT & REFORMER

## **Foundations**

## **Hours**

History & Philosophy of Pilates	4
Professionalism/Scope of Practice & Ethics	15
Anatomy & Movement Principles	40

## **Instructor Modules**

Mat	35
Reformer	50

## **Additional Requirements**

Personal Practice	45
Practice Teaching	80
Observation	45
Program Design	2
Practical and Written Exams	8

# Hours

## Studio lectures:

In studio we will cover Anatomy, History of Pilates, Scope of Practice, and a breakdown of each exercise according to choreography, muscle focus, and contraindications. We will also spend time learning how to put together private training sessions, and group classes.

## Personal Practice:

Each program will require you to spend a set amount of hours practicing in class, teaching yourself through your manuals, or practicing from approved online resources.

## Practice Teaching Hours

Each program will require you to spend a set amount of time teaching others. We recommend you start practice teaching after your first training weekend. The more people and diverse populations you can teach, the more prepared you will be to test out.



# Hours (cont)

## Observation Hours

Each program will require you to spend a set amount of time observing experienced teachers in group and private settings. This is one of the best ways to learn how to cue exercises and setup, program sessions, and accommodate clients with injuries.

## Test Out:

Upon completion of your hours, you will schedule a date to take your final exam with Elena LaMadrid. Cost of the exam is \$100. This exam will include a written and practical section. If you pass both exams, you will become a Certified Pilates Teacher and receive your certification.

## PMA Exam:

We encourage all comprehensive graduates of our program to consider testing under the Pilates Method Alliance®. Our program meets all of the minimum requirements for the PMA® and helps you show other studios that you have a wealth of knowledge consistent with other certified instructors. It is best to take the exam as close to your certification date as possible while the information is still fresh. Most graduates take the exam within one year post certification.

More information can be found at: [www.PilatesMethodAlliance.org](http://www.PilatesMethodAlliance.org)

# 2024 Training Dates

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October 18–20th: Module 1

November 2–3rd: Module 2

November 16–17th: Module 3

December 7–8th: Module 4

January 11–12th: Module 5

January 25–26th: Module 6

Weekend 1: Friday 4pm–7pm, Sat & Sun 11am–6pm

Weekend 2–6: Sat & Sun 11am–6pm

\*\*Dates are subject to change due to schedule conflicts, weather, or unforeseen circumstances.

# Investment

## Comprehensive Certification

- \$6,000

- \$5,500 if paid in full by 10/17/24

## Mat & Reformer

- \$4,500

- \$4,000 if paid in full by 10/17/24

## Individual Modules

- \$1,000 per Module

\*Payment plans are made available upon request, email [hello@studiopilatesnashville.com](mailto:hello@studiopilatesnashville.com) to learn more

# What's Included

- Bound and Covered Manuals (\$460 value)
- Access to the Studio Pilates to complete your hours for practice & observation. See below studio rental options.
- First 20 hours for Mat + Reformer TT practice hours free, additional studio rental options after hours logged.
- First 40 hours for Comprehensive studio usage free, additional studio rental options after hours completed.
- Test out study guide and test out process. (\$150 value)
- 15% off of SPN 10-Class Packs and \$75 Private Sessions

# What's Included (cont)

- Worksheets for four different types of class planning.
- Worksheets for logging your self practice, teaching, and observation hours.
- Mentorship under Elena LaMadrid, Megan Hopkins & Kayla Apperson, and direct access via email for questions and on-going development and support. When you commit to The Lab by Elena LaMadrid, she is also committing to being your mentor throughout your teaching journey. As you come across questions, feel free to reach out to her so she can make sure you have every resource you need to be a successful teacher.

## Terms & Conditions

- Deposit of \$500 is due upon registration.
- Missed sessions are made up at \$100/hr subject to availability with Elena LaMadrid, Megan Hopkins or Kayla Apperson.
- Deposit is non-refundable.
- Full payment is due by the program start date.
- Payment plans are available. Please inquire by contacting the studio.
- No refunds. All sales final.
- Please arrive at least 15 minutes before the scheduled training day.



## Terms & Conditions cont.

- Liability waiver and registration form must be completed before training begins.
- You must have personal liability insurance to practice teach at Studio Pilates Nashville.
- Please be courteous of classes or privates going on while completing your training at Studio Pilates Nashville.
- While you are completing your training you are viewed as part of the SPN team. You are expected to tidy up and sanitize the studio post training sessions, and aid in setup and clean up.
- We cannot guarantee a job at SPN, or any other studio. We will do our absolute best to help you achieve your goals as a Pilates Teacher by providing on-going support and mentorship to you before, after and during your training.

Thank you for your interest in The Lab a Comprehensive Teacher Training Program by Elena LaMadrid owner of Studio Pilates Nashville.

Whether you are interested in Teacher Training to further your own knowledge of Pilates or to share it with others, we would love to be a part of your journey. If you have any questions that have not been answered in this booklet, please do not hesitate to contact.

-Elena LaMadrid

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