



## **MY FITNESS** PILATES

**MYPA = MY FITNESS PILATES ACADEMY INSTRUCTOR COURSE**

**80 HOURS PILATES REFORMER INSTRUCTOR COURSE: Level 1**

**-10% Early Bird Offer of \$2500: now only \$2250 (Save: \$250!)**

**FULL PAYMENT must complete BEFORE 1 March 2015**

**-4 x 5 hours = 20 hours of MTP (Master Training Program)**

**-16 hours of Pilates Reformer Group Practice Classes**

**\* The price is not inclusive of study materials - total \$70:**

- 1. Learning materials**
- 2. Student instructor uniform**

**MYPA “Master Training Program” (Dates: 4 Sundays):**

**Date: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> March 2015**

**Time: 9 am – 2 pm**

**Requirements to become a fully certified MYPA Pilates Reformer Instructor, students must complete the following during the course:**

1). 4 x 5 hours = **20 hours** Master Training Program (MTP):

**MYPA** Pilates Reformer Theory, Pilates Reformer Practical, Pilates Reformer Teaching style, Basic Anatomy of Human body

2). **16 hours** x MY FITNESS Pilates Reformer Group Practice classes

3). **14 hours** of observation with MY FITNESS Pilates classes

4). **20 hours** assistant teaching with MY FITNESS indoor instructors:

- 5). **10 hours** of individual teaching a full class for MY FITNESS Pilates class
- 6). Minimum 80% attendance
- 7). Advance booking for the exam date within 3-6 months after the last date of **MTP Training**
- 7). At least one Certificate as follow:  
First Aid Course Certification, Basic Exercise Course (BEC), Fitness Instructor Certificate, Personal Trainer Certificate, Basic Pilates instructor Certificate, Sport course Certificate or Personal Trainer Background

**Examination:**

1. Pilates Reformer Practical Exam
2. Pilates Reformer Full Class Teaching Exam

Please contact us at +65 63466722, [info@myfitness.com.sg](mailto:info@myfitness.com.sg) or check on our website <http://myfitness.com.sg/> for more details of the **MYPA course** 2015!