



MY FITNESS PILATES

MYPA = MY FITNESS PILATES ACADEMY INSTRUCTOR COURSE

Early Bird Price Payment complete BEFORE 15th May 2014:

40% Offer! = SGD \$1344

100 HOURS PILATES REFORMER INSTRUCTOR COURSE: Level 1

-4 x 4 hours = 16 hours of MTP (Master Training Program) = \$800

-36 hours of Pilates Reformer Group Classes = \$1440



**Original
Price:
\$2240**

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

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

MYPA “Master Training Program = MTP” (Dates: 3 Sun and 1 Sat):

1st, 8th, 15th JUNE 2014 (Sun 9am-1pm)

14 JUNE 2014 (Sat 6-10pm)

Payment Details :

1. Bank Transfer : MY FITNESS Pte Ltd

Name of Bank: DBS (Current)

Bank Code: 7171

Branch Code: 008

Bank Account No. : 008-901780-2

2. Cheque Payment to “MY FITNESS Pte Ltd”

3. Full Payment by NETS, VISA and MASTER Card are available at the studio

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

1). 4 x 4 hours = **16 hours** Master Training Program (MTP):

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

2). **36** x MY FITNESS Pilates Reformer Group classes

3). **24 hours** of observation with MY FITNESS Pilates classes

4). **14 hours or more** assistant teaching with MY FITNESS indoor instructors:

A: 14 hours for experienced instructors

B: For non-experienced instructors may require 10 hours more assistant teaching

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**

8). Certificate required (at least one): Basic Exercise Course (BEC), Fitness Instructor Certificate (FIC), Personal Trainer Certificate, Basic Pilates instructor Certificate, Sports related Certification , Personal Trainer Background or Basic Sports Science Course (BSS, Singapore Sports Council Course)

9). MYPA certification will only be issued after passing MYPA examination and completion of the above certificate on “Point 8”

Examination:

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

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YouTube: <http://www.youtube.com/user/maymyfitness>