



# **MY FITNESS**

## PILATES

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

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

**Course Price: SGD \$2500 -**

**14 hours = MTP (Master Training Program)**

**16 hours = Pilates Reformer Group Classes (Practical)**

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

1. Learning materials
2. Student instructor uniform

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

1). **14 hours** Master Training Program (MTP):

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

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

3). **10 hours** of observation with MY FITNESS Pilates classes

4). **16 hours or more** assistant teaching with MY FITNESS indoor instructors:

*A: 16 hours for experienced instructors*

*B: For non-experienced instructors may require 16 hours or more assistant teaching*

5). **24 hours** of individual teaching a full class for MY FITNESS Pilates class

*- For non-experienced instructors may require 24 hours or more individual teaching*

6). Minimum 80% attendance

7). Advance booking for the exam date within 3-6 months after the last date of **MTP Training**

- 8). At least one Certificate from: First Aid Course, Basic Anatomy Certification, Basic Exercise Course (BEC), Fitness Instructor Certificate, Personal Trainer Certificate, Basic Pilates instructor Certificate, Sport course Certificate or Personal Trainer Background
- 9). Require 6-12 months to complete the **MYP**A course before **MYP**A final examination.

**Examination:**

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