

# REFORMER TEACHER

8 DAY EDUCATION

## ACADEMY

**PLTS**<sup>®</sup>  
HIGH INTENSITY  
REFORMER PILATES



### THIS EDUCATION IS FOR:

Experienced group class trainers who want to become a Reformer Trainer, but also PLTS fans who want to learn something extra. During this course you will learn all the essentials to get started as a Reformer trainer at PLTS. The PLTS Reformer Teacher Academy is taught by various professionals. On the last day you take the exam by giving a real life class at PLTS.



### ADMISSION REQUIREMENTS

- You have several years of experience as a group class / small group trainer
- You can work on the music
- You have (participants) experience on a Reformer
- Pilates experience is an advantage, not a requirement

### DATA

All on Thursdays (12:00 – 17:00 hrs)

**Day 1:** 11 April

**Day 3:** 9 May

**Day 5:** 23 May

**Day 7:** 20 June

**Day 2:** 18 April

**Day 4:** 16 May

**Day 6:** 13 June

**Day 8:** 27 June

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DAY 1

## General

- Specific knowledge of anatomy and physiology
- Specific knowledge of training methods
- General knowledge of Pilates
- PLTS Trainers Core Values

DAY 2 & 3

## Reformer

- Working with the PLTS Reformer
- All exercises, with pro- and regressions
- Most common mistakes
- Which exercises are for which muscle groups and chains

DAY 4 & 5

## Teaching skills

- Basics of instruction (I.C.C. model)
- Working the room
- Working in and with music
- Cueing and teaching methods
- Working in a flow
- Differentiate

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DAY 6

## Create an Experience

- Presentation skills
- Motivational cueing
- Big opening Big ending
- Who are you as a teacher (your values)

DAY 7

## Reformer Teaching

- Make it your own
- Start teaching blocks with feedback

DAY 8

## Exam

- You are participant in the exams of your fellow students



## SIGN UP

We use a maximum of 10 participants per Academy. More info and / or registration? Drop an e-mail to [jet@plts.nl](mailto:jet@plts.nl)

This 8-day course is € 2,500 p.p. including exams & certificate. Payment in parts is negotiable. PLTS is a provider of a Reformer Pilates concept and is always looking for excellent instructors. This Academy gives you the ability to develop into a PLTS trainer.

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