



REFORMER TEACHER TRAINING COURSE BROCHURE

ACCREDITED BY ITTAP (INTERNATIONAL TEACHER TRAINING FOR THE ASSOCIATION OF PILATES BY PILATES METHOD ALLIANCE) AND ALSO REPS (THE REGISTER OF EXERCISE PROFESSIONALS).



Hi there

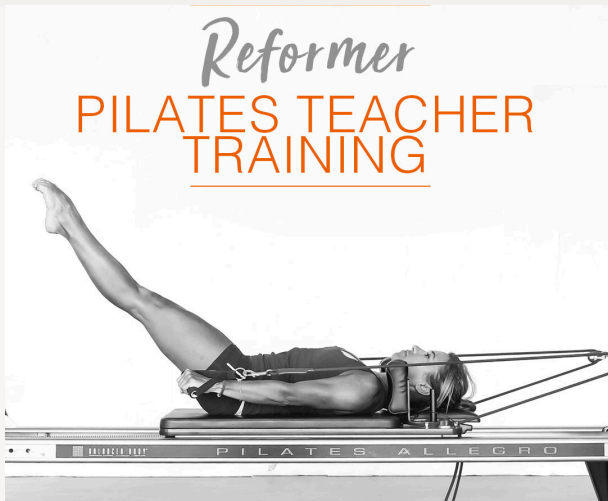
Welcome to .body//HACK: Fitness Education. We extend our heartfelt gratitude for your interest in our Comprehensive Reformer Teacher Training program. Your dedication and enthusiasm for pursuing a career in Pilates are truly commendable, and we believe that our comprehensive program will provide you with the knowledge and skills needed to excel in this dynamic field.

The fitness industry has an incredible power to transform lives, and being a part of it is truly exhilarating. As a Trainer, the opportunity to witness and contribute to life-changing transformations is both inspiring and exciting, fostering a sense of fulfillment and a shared passion for helping others unlock their full potential.

Much love,

Heba Abdel Gawad

Co-Founder



TRANSFORM *your* *passion into* PROFESSION!

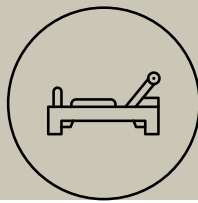


Join our comprehensive Reformer Teacher Training Course and become a certified Reformer Pilates instructor Level 1/2
(Beginner and Intermediate repertoire)

Course Highlights:

Classical and Contemporary repertoire
Level 1/2 (Beginner and Intermediate repertoire)

Flexible payment options:
6,500 AED (split into 4 installments)



WHAT'S INCLUDED?

HARD COPY MANUAL: YOUR ESSENTIAL GUIDE TO THE COURSE

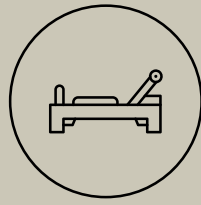
LIFETIME ONLINE ACCESS: COMPREHENSIVE EXERCISE LIBRARY AND SAMPLE CLASSES

6 MONTHS FREE PILATES ANYTIME APP: ACCESS TO OVER 3000 CLASSES FROM LEADING PILATES EXPERTS

8-10 FACE-TO-FACE PRACTICAL DAYS: HANDS-ON TRAINING WITH OUR EXPERIENCED TUTOR

UNLIMITED PRACTICE ACCESS: USE OUR PEAK AND BALANCED BODY REFORMERS AT OUR SPACE FOR PRACTICE

FREE RE-ATTENDANCE FOR LIFE: LIFELONG LEARNING AND GROWTH



Comprehensive Reformer Teacher Training

COURSE STRUCTURE

PRE-REQUISITES:

PILATES MATWORK DIPLOMA:

PILATES MATWORK DIPLOMA IS A PRE-REQUISITE TO DO THE REFORMER TEACHER TRAINING COURSE

*“Combo price if doing both Pilates Matwork and Reformer is **AED 13,400** which can be split in **7** installments”*

Contact us for a consultation !

REQUIRED PRACTICE HOURS:

100
hrs

SELF-PRACTICE CLASSES:
UTILIZE OUR ONLINE PLATFORM OR
ANY CLASSES YOU ATTEND

40
hrs

OBSERVATION CLASSES:
LEARN THROUGH OBSERVATION
FROM OUR ONLINE RESOURCES

40
hrs

PRACTICE TEACHING CLASSES:
GAIN EXPERIENCE TEACHING FRIENDS,
FAMILY, OR PEERS



EXAMS

VIDEO SUBMISSION:

DEMONSTRATE YOUR TECHNIQUE
WITH THE CLASSICAL INTERMEDIATE
FLOW

45-MINUTE FREESTYLE TAUGHT CLASS

*PREPARE A LESSON PLAN APPROVED
BY THE TUTOR IN ADVANCE THAT YOU
WILL TEACH*

Ready to Begin Your Journey?



Contact Us



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http://



www.bodyhack.co