

# WAPilates

## Teacher Training

## Program

*Washington Ave Pilates*

2000 Edwards Street Houston, Texas 77007

[www.wapilates.com](http://www.wapilates.com) 281-732-3355





# WAPILATES

*To nurture and guide students in a supportive, safe and inspiring environment creating Pilates Instructors who are intuitive, passionate and committed to the Pilates Method.*

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A woman in a black long-sleeved top and blue leggings is performing a Pilates exercise on a reformer machine. She is lying on her back with her legs extended horizontally, supported by the machine's carriage. Her arms are reaching up to hold a horizontal bar. The studio has a high ceiling with exposed wooden beams and several large, round, woven pendant lights. In the background, there is a chalkboard with some writing, a yellow sofa, and blue armchairs.

## *Program Summary*

Washington Ave Pilates Comprehensive program is designed to teach you how to be an instructor of the traditional Pilates method for the apparatus including Mat, Reformer, Cadillac, Wunda Chair, Ladder Barrel and Spine Corrector. We train based on our principals of the boutique studio and our clientele's needs as well as the fundamental Pilates principles. Upon completion of this program you will have learned to teach Pilates effectively and with knowledge of not only the basic exercise but, modifications and special issues that clients may have when they come to you for training. You will have the knowledge to cater the workout to your individual client.

WAPilates is located in Houston, Texas close to Downtown at 2000 Edwards Street. Our space is in Silver Street Studios in the middle of the historical art district.

The studio is 3100 square feet and fully equipped with 3 Cadillacs, 4 Reformers, 4 Wunda Chairs, Ladder Barrel and Spine Correctors as well as smaller apparatus and props.



## Program consist of:

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10 Lecture weeks meeting on Saturday. These hours will cover Professionalism, Exercise Analysis, Program Design, Teaching, Anatomy, Kinesiology, Special Populations and Precautions and Contraindications. In addition there will be Practice hours, Observation and Assisted Teaching hours. These hours are done during the week on your time and schedule.

Sessions with some instructors currently at WAP may be recommended if needed.

**Observation hours= 85**

**Practice hours= 90**

**Assisted Teaching hour= 115**

**Following Practical Exam a Certificate of Completion will be issued.**

## Prerequisites/ Requirements

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You must have completed a Mat Training. There is a Mat Assessment to see students understanding and knowledge of the work. If you have not completed Mat Training that will be scheduled with the Director before the start of course. Interview with Director will be scheduled after application is submitted.

**During the course of the training, it may be recommended that student takes some private sessions with instructors at WAP. Depending on availability and those instructors picked by Director. This also will be decided on if needed or not, depending on understanding of Pilates apparatus, Program Design, or any other subject covered in training that the student may be needing more guidance and mentoring.**

## Recommended Reading

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Before the start of course and during it is recommended to read:

***Pilates' Return to Life Through Contrology, Joseph H. Pilates***

***The Pilates Method of Physical and Mental Conditioning, Philip Friedman***

***Pilates Pregnancy Guide: Optimum Health and Fitness for Every Stage of your Pregnancy, Lynne Robinson***

***Anatomy of Movement, Blandine-Calais-Germain***

***The Pilates Body, Brooke Siler***

***Anatomy Coloring Book, the (3rd Edition), Wynn Kapit & Lawrence M. Elson***

*WAPilates Teacher Training program is very personalized and gives every student a chance to really get what they need in their training to be the best instructor they can be. We limit our classes to 3 students.*

## Tuition and Payment:

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\$4,900 (discounted full Payment by cash/check)

\$5000 (full price-paid by credit card)

\$5,250 (3 installments plan)

### Installment Plan:

First installment due before start of course \$1800

Second installment due at start of 5th class \$1800

Final payment due at start of 9th class \$1650

If payment not received for any installment student will not be able to continue and no refunds.





**Payment includes:**

- Course weekend trainings
- Training Manual
- Weekly handouts and quizzes
- Studio privileges for practice, assisted teaching hours, and weekly hour meets in private with Director if wanted/needed
- Mentorship hours with Director during week

**Missed Lecture Classes:**

At the start of Training Course students and Director go over syllabus and dates. If classes need to be missed adjustments will

be made to the calendar with all students and Director in agreement. All classes must be attended to pass course.

If student misses class they can make it up by scheduling with the Director. Extra fees apply for each hour of makeup.

**Tuition does not include:**

- Private sessions with WAP Instructors or Director
- Professional Liability Insurance
- Re-testing fees (if applicable)
- Lost Manuals (\$300 replacement fee)
- CPR Training fees (If applicable)

- Required Private sessions during course if recommended
- Recommended reading material

**Refunds:**

- 100% will be refunded if before start of class
- After start of class there will be no refunds
- Students not completing course will be required to return all WAPilates material.



## WAPilates

Does not discriminate in any manner on the basis of race,color, gender, sexual orientation, age, religion, disability,or national origin regarding it's program or activities. This includes employment and admissions.

# WAPILATES DIFFERENCE

*Developed by Hilary Opheim, owner of WAPilates*

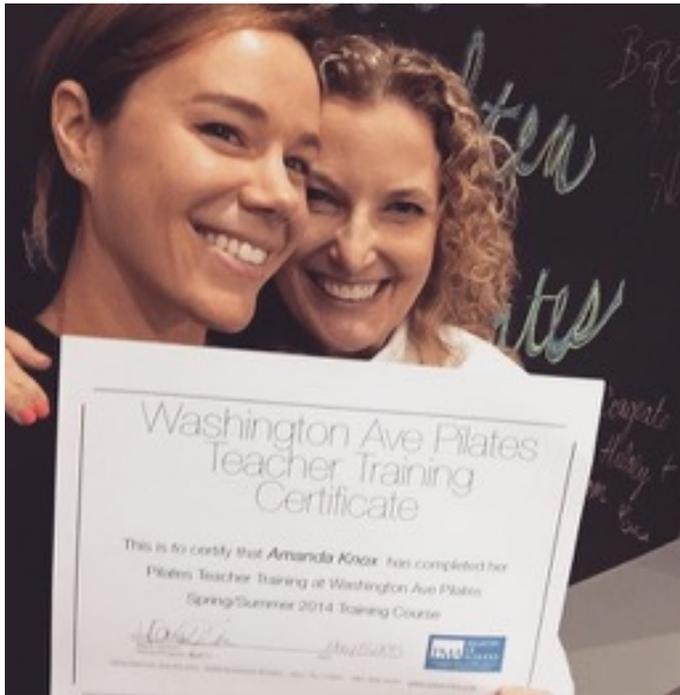
**“My goal when I created the WAP Teacher Training was to really nurture the students. I created it as our studio, boutique and personal. You will not only learn the exercises but, modifications, client issues and contraindications, and how to design and create programs for your clients. Our instructors are here to help and guide as well and we have a very supportive environment for the students.” Director Hilary Opheim**

The WAPilates Teacher Training program goes deeply into all exercises by Joseph Pilates on all the apparatus. You learn not only how to do the exercise but how it will work for all clients and the needs and issue they may have. Knowledge of how to cater to the individual, how to maintain your client and keep them

interested and continuing to learn and grow in their Pilates workouts. Small intimate class of 1-3 students allows for in depth questions and the ability to have each individual learn at a pace for understanding and learning the exercise and concepts of Pilates. Each week a quiz is sent to further help in understanding and to get the student to think deeper. Extra information continues to get sent weekly until the student takes the PMA exam.

This course is designed to go at each individuals pace just as our sessions are created for our clients. We will work with you in regard to your schedule and course and hours.

\*Employment by WAPilates is not guaranteed as it is dependent on our needs and that of the student.



## **Practical Exam/Exit interview**

This will take place on the last day of the course. If hours are not met or student is not comfortable and needs more time then it will be rescheduled by a time/day agreed between student and Director. If more than 1 is in Training Program those exams will be scheduled at times agreed by students and Director.

## **Student Conduct:**

Students must adhere to the Code of Ethics and Scope of Practice according to PMA Standards. Any student who violates safety regulations, studio guidelines, interferes with other students work,

is disruptive, obscene, does not make timely payments will be subject to immediate termination from program.

## **Test out by PMA**

When student has completed hours and is ready for the PMA Written, test out information will be given and help in getting all paperwork to PMA for test.

# WAPilates Grading

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**Weekly quizzes-** These quizzes go over that week's material covered in class. It will have to do with Anatomy, Precautions or Contraindications, the apparatus and exercises. Pass/Fail with a minimum of 75% each quiz

**Homework assignments-** Planning your clients session, Anatomy in terms of exercises learned. Needs 75% to pass with grade

**MidTerm Exam-** Practice Teaching/Exercise performance

This exam students put away manuals and student are given 3 exercises to teach. No notes allowed.

Graded on knowledge of exercise, equipment settings, verbal and tactile cues, demonstration, voice projection and clarity. Gives modifications if needed . Pass or Fail with a minimum of 75%

**Teaching Exam-** Given the last day of class. Clients are brought in for each student to teach. Clients will give feedback at end of session for the student and class. Assessment is done by Director and WAPilates CE Program Teachers. Graded on planning of session, understanding of Pilates concepts, use of anatomy, verbal cues, tactile cues and assessment of client and use of information from assessment in terms of the session. Pass or Fail with a minimum of 75%

**Practical Exam-**

Student is given list of 30 exercises and must put them in an order from warmup to finish for a client session. They are then given 16 exercises, 3 on each apparatus. They are given a "client" who they must do assessment and teach those exercises given. They demonstrate, explain equipment and all safety factors, teach using anatomy, Pilates methodologies and concepts, Using tactile cuing as well as verbal. Feedback will be given at end by "client" as well as Director and WAPilates CE Program Teacher.

Pass or Fail- If student does not know exercises and misses more than 1 (extreme nerves will be put into consideration), fails in safety issue with equipment, does not know the material they will not pass. In the event of failing the practical more time will be given and notes to help the student in terms of what they need to focus on. It will be rescheduled when Director and Student agree they are ready.

If second time the student again fails then they will be charged a re-test fee for every exam after.

## TRANSFERABILITY OF PREVIOUS TRAINING:

*Based off each individual so please call or email for more information*



We have an assessment for each apparatus if you have already completed part of parts of training but have not done the Comprehensive Training and are looking to complete your Pilates training. This allows the student to enter our program designed to meet their needs. Done on an individual basis so that the class is scheduled accordingly. There is an assessment fee based on the practical assessment or written of the already completed training.

**Reformer Bridge Program-** This programs includes Cadillac, Wunda Chair, Spine Corrector, Ladder Barrel as well as Anatomy, Program Design, Precautions and Contraindications. \$4,000 (discounted full payment by cash/check) \$4,200 (full payment done by credit card)

\$4450 ( 3 installment payments)

For other Bridge Programs please contact us at [info@wapilates.com](mailto:info@wapilates.com)

**Pilates is our Passion**

“Pilates is a journey and one thing I love about it is sharing that journey with my clients, my students and my fellow Pilates Instructors.”



## *Hilary Opheim*

Born and raised in Houston, Texas Hilary has been in the fitness industry for over 25 years. Originally trained through Physical Mind Institute by John Gossett she has taught Pilates in traditional Pilates studios as well as classes in gyms and private clubs. In 2005, she opened up WAPilates and became PMA Certified. She created the WAPilates Teacher Training Program to instill the passion she has for Pilates and clients to the students.

In 2016 she was accepted into the Lolita San Miguel Mentorship program to continue her work with Pilates and study with Lolita, a First Generation Teacher trained by Joseph Pilates.



# *What to Expect....*

WAPilates Teacher Training Program is 10 weeks of Saturday classes, 3 hours each. Only 4 students per class so it is very personalized. The Saturday class will be going over Anatomy, Pilates Concepts, learning the Pilates exercises from Fundamentals to Advanced on all the apparatus, clients issues and how to program and design clients sessions. During the week you will do Practice hours, observation hours and Assisted Teaching hours. They are up to the student when they do them as their schedule allows.

You will be given time sheets in paper form to keep track of hours completed and they are broken down into categories of Practice, Observation and Assisted Teaching. We are all here to help you and answer any questions or concerns you have when it comes to your Pilates journey.

We feel this should be a fun, creative and stress free learning experience. Our Director and all WAPilates CE Program Teachers are available for guidance and help at all times.



# Mentorship CE Program

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YEAR LONG PROGRAM- TAKE IT A STEP FURTHER

The Mentorship program is a way to enhance your skills, find your teaching style, and deepen your knowledge in a personal one-on-one mentorship that continues after your Comprehensive Teacher Training. Go deeper into each exercise to understand why, when or how to use with your clientele, to truly understand the choreography. Program design for class or privates, maintaining clients and helping them grow in their practice, keeping your teaching fresh and interesting for you and your clients, understanding issues and physical limitations you may have with your clients, cueing, and postural analysis. You will get honest, constructive feedback to give your teaching the depth and skill you desire.

This program is a year long commitment in which time you will see a true shift in your teaching and how you approach your clients in terms of their needs and goals. A final written project as well as practical presentation will be given at the end of program. This will be discussed and planned with Director

Program consist of : one- 3 hour meet/lecture/learn sessions that are determined based on needs of student, homework projects, manual, handouts, discussion groups, quarterly observation time of your teaching guided by Hilary as well as one-on-one mentoring meetings. Participation in WAP's Pilates Has Heart, research of specific subject to be part of final projects that will be part of the written and practical presentation (example Parkinson's and Pilates).

A customized program is set up for each individual instructor based off interview and application.

**Monthly Program:** \$4,000 - includes a monthly 3 hour meet/lecture/learn session, 12 homework projects, manual, discussion groups and monthly observation time of teaching. Research project

**Every other month Program-**\$2,268- includes 3 hour meet/lecture/learn session every other month, 6 homework projects, manual, discussion groups and 6 observation time of teaching. Research project

**Quarterly Program-** \$1512- includes 3 hour meet/lecture/learn session every quarter, 4 homework projects, manual, discussion groups and 4 observation time of teaching. Research project



# *Testimonials*

## ***Koren Hollamby- Spring/Summer 2012***

“Pilates has become a way of life for me, and so I decided to take it one step further and become a Pilates instructor. After searching and deliberating about which Pilates course to take I talked to Hilary at WAP. The course offered by WAP is a comprehensive Pilates teacher training course covering all aspects needed to be the best Pilates instructor you can be. This was the course I was looking for, but found hard to find. I especially enjoyed the small class size, flexibility for practice and teaching, and Hilary's availability for information and assistance. The WAP staff are very supportive of trainees, and the studio atmosphere is wonderful. Under Hilary's knowledgeable guidance I worked through the course with growing confidence and passed the practical test knowing that I was well underway with a great base for a lifetime of Pilates learning. “

## ***Robin Reimer- Fall/Winter 2012***

Hilary and her instructors are the best! I definitely felt great quality in the training that I continue to receive. I have completed the course feeling confident and capable, and I am very much enjoying helping people - and seeing changes in their body!

Thank you so much WAP!

## ***Sheri Winkelman- Summer/Fall 2011***

Washington Ave Pilates Teacher Training Program covers the Pilates program as a whole. It breaks down into the work of the technique of each exercise and the purpose. You will learn how to progress a client through the Pilates program with regards to that particular body. Hilary gives you the tools to be able to train a wide variety of bodies, as you will find everyone that comes to Pilates is different. The Pilates teacher-training program is designed with that in mind. I chose this program because Hilary really cares about creating intuitive, confident, thinking instructors.

### ***Alicia Gordy- Summer Fall 2012***

My first encounter with Washington Avenue Pilates was as a client six months after the birth of my youngest child. I had an amazing instructor who knowledgeably guided my body through the healing movement needed to nurture and heal my body after giving birth to a very large baby. The studio quickly became my "happy place" and my postpartum refuge. It was there that I began my love affair with Pilates...and with Washington Avenue Pilates. Three years later I reunited with Hilary Opheim and Washington Avenue Pilates again, this time as a student. I wanted to share the gift of Pilates, that was so generously given to me, with others.

With having a family my schedule seems to always be busy and things always seem to "pop up" out of the blue. Thankfully though, Hilary customized a timeline specific to my needs and never made me feel rushed or behind the curve. Just like with the Pilates movement, I was always right where I needed to be in the learning process. I cherished the one on one instruction and attention given by Hilary throughout my course. And when it came time for me to practice in the studio I continued to receive the same attention, instruction, vast knowledge, and nurturing care that is unique to Washington Avenue Pilates through Hilary and the amazing instructors that reside there.

Upon completion of the Washington Avenue Pilates Teacher Training Program I feel ready and equipped to share my love of Pilates with others in the same manor it was shared with me. It is a movement system that I wholeheartedly believe in. The same individual attention to individual bodies and levels of learning that Washington Avenue Pilates provides, I now too embody and am ready and eager to share with others....

### ***Meaghan Hampton- Winter/Spring 2013***

I started the WAP Teacher Training Program briefly after my husband and I moved to the Houston area. I knew I wanted to teach Pilates because I had so enjoyed practicing it on my own and I wanted to share that with others. I wanted to encourage others, build them up, and help them be their best selves. The Teacher Training Program has truly equipped me to do just that. Hilary and the other instructors have been so kind and helpful in my journey, from always being willing to answer my questions to my personal observation of their practice of Pilates.

The WAPTT has allowed me to grow as a student, instructor, and as a person; truly learning and experiencing total health in regards to the body, mind, and spirit. I am so thankful for my experience through the training program, all I have learned, and the friendships that have been made along the way! I would highly recommend the program to anyone!

***Mary Futcher- Winter 2014***

Hilary is one of the best teachers I have ever had. Not only is she knowledgeable, well- organized, and friendly, but she truly cares about her students and their progress. She is always there to answer questions, always there to teach you new things, and always there to help you grow as an instructor. She is an excellent example of what it means to be a Pilates instructor, and I could not have learned from anyone better. Over the course of our 10 weeks, she has become more than just a teacher, but a friend. And that's how she is with everyone!

I also had the privilege of learning in Hilary's beautiful studio space, Washington Avenue Pilates, as well as observing all the wonderful instructors who work there. The space inspires you to learn and practice all you can. And the instructors are so welcoming, and are always willing to give you their time if you need help.

Studying under Hilary at Washington Avenue Pilates was one of the best decisions I have ever made. I could not be happier with my choice! Thank you so much Hilary and all the Washington Avenue Pilates Instructors! I am sincerely grateful!

***Tory Fuentes- Winter 2014***

I can't say thank you enough for all of the extra time and feedback that Hilary gave us ( especially me) during our course. I really appreciate it!!! The course was such an amazing experience! Hilary truly is an amazing teacher and an all around fabulous person. I just love to be around her!! I have always loved my time at WAP; Now I know it is because she has worked so hard to create an environment that is happy, positive and challenging for the mind and body. Hilary, as both a student and client, thank you, thank you for all that you have done. You will never really know how much it has changed my life!

