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How to Find a Qualified Pilates Instructor

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As Pilates becomes more and more popular, there will be many people attempting to teach this method of strength building exercise. As a consumer of this form of exercise, you owe it to yourself to make sure that the person instructing you has received proper training, in order to provide you with safe Pilates instruction and all of its benefits.

The first step is to ask the prospective teacher if he or she is certified with a reputable Pilates program. If the answer is no, find out if they are at least apprenticing to certify with a program. If not, you will want to keep searching for a qualified teacher.

If the prospective teacher is certified, request a contact name and number for the program in order to verify the certification. Make sure the Pilates certification program with which they participated is a reputable and thorough one. Unfortunately, many teachers are obtaining their certificates through one-time weekend programs. These programs do not require apprenticeship hours or proper testing of the attendee's skills before giving them a certificate. Many of the people teaching these weekend certification programs possess little to qualify them to do so.

There is a number of well respected certification programs specific to Pilates. These programs will always include the following;

- **Formal Teacher Training.** Training with a Master Pilates Instructor.
- **Apprenticeship Hours.** Most programs require at least 600 hours of apprenticing by formal training, observation, assistant teaching and teaching solo, before the apprentice can qualify to take his or her exams.
- **Written and Practical Exams.** The apprentice must be able to demonstrate his or her knowledge of all aspects of the Pilates form of exercise by passing a written exam as well as a practical exam.
- **Requirements for Continuing Education.** The certifying program should require it's certified Pilates instructors to attend workshops throughout the year to keep their skills and knowledge up to date.

There are many talented certified Pilates instructors in the market place today. When you find the right one for you, you will begin to enjoy the benefits of this awesome exercise method called Pilates!