

## **The Art and Science of Contrology® Pilates Instructor Training (ASCPIT) Bridge Program (Mat and Apparatus)**

### **1. Introduction**

The Art and Science of Contrology Pilates Instructor Training (ASCPIT) created the Bridge Program for those who have already been certified through another training program. Do you sometimes think to yourself when working with a client that you have more questions than answers, or you started an Instructor Training program and feel that your questions are not being answered? We believe that there is a wholeness to the classical philosophy that when learned in its fullness will give you insight and confidence in your teaching. You will recognize the harmony of the classical order, as well as how all of the Apparatus work together to create a workout program that will address any client's needs.

This five-part program qualifies you as an instructor of the Traditional Pilates Mat and Apparatus Program. Instruction is provided by Simona Cipriani, a Second-Generation teacher of the original Pilates Method with direct lineage from Joseph H. Pilates. Master the physical and mental principles and philosophy of the Traditional Pilates Mat and Apparatus Program. The extensive curriculum of exercise and functional movement is taught in the traditional style and technique developed by Joseph Pilates and his wife, Clara, as well as his successor, Romana Kryzanowska. Graduation from ASCPIT prepares you to lead private, semiprivate, and group Mat and Apparatus classes with clients.

- Use this Instructor Training to find employment in Pilates studios, chiropractic and physical therapy offices, universities, and fitness/athletic clubs...
  - or to start your own business (independent or in affiliation with The Art of Control).
- Attain control of your health and well-being through the Pilates Method of Mind/Body Conditioning and learn to physically perform the Pilates Contrology Mat and Apparatus exercises.
- Gain a solid understanding of anatomy, physiology, postural and motion patterns of the body.
- Instruct clients with clear and detailed step-by-step verbal directions to perform Pilates Contrology exercises with precision, grace, and flow.
- Be confident with your hands-on skills to guide your clients safely and effectively to mastery of the Pilates Contrology Mat and Apparatus work.
- Experience the change in your own body by using the traditional design of the many pieces of studio apparatus/equipment that Joseph Pilates invented.

*Note: Provision is available to obtain credit if you have previously completed the ASCPIT Mat program.*

## 2. Program Overview

The ASCPIT Bridge program includes three Modules, other coursework, and an anatomy course. Each Module includes Mat and Apparatus work.

Modules, Other Coursework, & Anatomy	Content
Module I	Pre-Pilates & Beginner Mat and Beginner Apparatus
Module II	Intermediate Mat and Apparatus
Module III	Advanced Mat and Apparatus
Other Coursework	Videos and Meetings/Events/Marketing
Anatomy	Anatomy and Physiology for Pilates (online course)

## 3. Prerequisites and Application

The student must:

- 1) have completed 30 private/semiprivate hours of Pilates instruction before start of program, with logged hours submitted on Prerequisite Log Sheet. If Mat Certified through ASCPIT, 8 prerequisite hours are already fulfilled for the Mat work (22 Apparatus hours remain);
- 2) attend a private evaluation session with an ASCPIT representative;
- 3) be able to demonstrate proficiency in Mat and Reformer workouts, as well as familiarity with exercises on the Cadillac, Chairs, and Barrels;
- 4) submit the following paperwork:

a. signed application	b. medical release	c. apprentice agreement
d. referral letter from a studio, teacher, or employer	e. non-compete form	f. make payment of applicable tuition fees
g. initial evaluation form filled out by an ASCPIT-approved teacher		

*Note: The program must be finished within 12 months of the start date. Extensions are available; they are granted on a case-by-case basis. An extension request must first be submitted in writing to be considered. If you need to stop training due to a medical reason, you must submit in writing a leave of absence and state a date of return.*

#### 4. Program in More Detail

The ASCPIT Bridge program is a 325-hour program; all hours must be completed at the Art of Control (AOC) Pilates Studio, except for 20 hours, which may be done at an affiliated studio (these hours should not be confused with the prerequisite hours). The program includes three Modules, other coursework, and an anatomy course. It is divided into three Module levels of training, each one covering Mat and Apparatus work and comprising 100 hours. All the Modules are distinct yet interconnected, building on the foundation of Joseph Pilates' teachings and exercise system. Attendance and participation in each Module are required, as the full repertoire of movement is addressed in a sequential fashion. This includes modification, progression, and proper verbal and hands-on instruction technique.

##### Modules

Modules include observation, personal practice (taking lessons), and teaching. Only Contrology Pilates work is acceptable; no other work will be counted.

Notes:

- *All sessions must be taken with a certified instructor.*
- *Up to a total of 20 in-person observation hours may be taken at an affiliated studio.*
- *If exceptional circumstances exist, in-person observation hours may be done online (with written approval).*
- *Pilatesology videos observed must be of Simona Cipriani.*
- *Apparatus practical and written testing is scheduled by appointment after attending each level of the Apparatus Module and completing the required log hours.*
- *For each Module, the apprentice must first pass the written exam before taking the practical exam.*
- *Wear workout clothing that allows movement and shows the contours of the body.*
- *A separate Mat Certificate is awarded after the participant has completed all requirements of the Mat training program. This allows the participant to begin teaching Contrology Mat Pilates® before completion of the Bridge program.*

Instructor: Simona Cipriani and/or other ASCPIT Teacher of Teachers

Required texts:

- *Art & Science of Contrology Traditional Pilates Mat and Small Apparatus – Pre-Pilates and Beginner Levels* by Simona Cipriani
- *ASCPIT Beginner Apparatus Manual and Intermediate and Advanced Mat/Apparatus Manuals*
- *Return to Life Through Contrology* by Joseph H. Pilates

**Module I (Pre-Pilates & Beginner)** Explore the life of Joseph H. Pilates and how he created the Art and Science of Contrology (the Pilates Method of Body Conditioning). Learn the Six Major Principles of Pilates and the importance of the powerhouse and core stabilization. Master the Pre-Pilates and Beginner Pilates

Mat and Apparatus exercises. Study the importance of resistance in the Pilates workout. And learn to instruct clients with clear and detailed step-by-step directions, including modifications. Integrate these Contrology Pilates exercises into your daily mind and body conditioning routine.

Module I ends with completion of 100 Logged Hours of Observing/Practicing/Teaching and a four-part exam:

Observation in-person	Observation Pilatesology	Practicing private Apparatus	Practicing Mat classes	Teaching	Total
20	10	20	20	30	100

*The written Mat exam takes approximately 1 hour.*

*The practical/oral Mat exam takes approximately 50 minutes.*

*The written Apparatus exam takes approximately 1 hour.*

*The practical/oral Apparatus exam takes approximately 90 minutes.*

**Module II (Intermediate)** Take your training to a higher level. Master the Intermediate Contrology Pilates Mat and Apparatus exercises. Learn to instruct and facilitate the progression of the client's workout with clear and detailed step-by-step directions, including modifications and how to incorporate flow into the transitions. Learn the Five Elements of the Mind and the importance of the mind-body-spirit connection. Incorporate hands-on skill, imagery, rhythm, and dynamic motion in the exercises to facilitate the client's learning process. And explore the importance of asymmetry in the Contrology Pilates workout.

Module II ends with completion of 100 Logged Hours of Observing/Practicing/Teaching and a four-part exam:

Observation in-person	Observation Pilatesology	Practicing private Apparatus	Practicing Mat classes	Teaching	Total
30	15	15	10	30	100

*The written Mat exam takes approximately 1 hour.*

*The practical/oral Mat exam takes approximately 50 minutes.*

*The written Apparatus exam takes approximately 1 hour.*

*The practical/oral Apparatus exam takes approximately 90 minutes.*

**Module III (Advanced)** Master the most advanced Contrology Pilates Mat and Apparatus exercises by training your own mind and body to peak athletic skill and integrating these skills into your daily practice. Advanced level includes aerial, inversion, and balance exercises, as well as a greater emphasis on resistance and aerobic work. Learn to instruct clients with clear and detailed step-by-step directions, focusing on the flow of the transitions between exercises. Choose modifications and progressions with your clients to create a stronger, more fluid practice. Learn how to work with clients' pathologic conditions.

Module III ends with completion of 100 Logged Hours of Observing/Practicing/Teaching and a four-part exam:

Observation in-person	Observation Pilatesology	Practicing private Apparatus	Practicing Mat classes	Teaching	Total
25	15	20	10	30	100

The written Mat exam takes approximately 1 hour.

The practical/oral Mat exam takes approximately 50 minutes.

The written Apparatus exam (case study) takes approximately 4 hours.

The practical/oral Apparatus exam takes approximately 90 minutes.

### Other Coursework

25 hours of Mandatory Meetings/Events/Marketing.

Apprentice Meetings*	Events**	Marketing outside of studio	Total
16	4	5	25

\*Monthly Apprentice Meetings involve exam preparation, critique/discussion of the Pilates technique with Simona and/or her assistants, and development of your Pilates business plan. Only two absences may be excused; apprentice is responsible for missed material. All meetings must be completed within the required time frame.

\*\*Events (1 required): Open House / Pilates Party / Demonstrations.

### Anatomy and Physiology for Pilates (Online Course)

**Dates:** Can be taken any time during the ASCPIT Bridge Program

**Required text:** *Kinesiology: The Skeletal System and Muscle Function*, 3<sup>rd</sup> or 4<sup>th</sup> Edition, by Joseph E. Muscolino.

**Prerequisites:** None (this course can be taken any time during the ASCPIT Program).

**Course Description:** This is a self-paced online course in which you read, watch, and study the content and show proficiency by passing a written exam taken online.

Learn the basic anatomy and physiology (kinesiology) of the musculoskeletal system by studying the bones, joints, and major muscles of the body, as well as how the nervous system coordinates myofascial function. Study postural concepts used to describe body position, as well as concepts of dynamic movement patterns to understand how the body moves temporally and spatially. By learning and understanding fundamental kinesiology, you can begin to critically understand, discuss, and better teach the strengthening, stretching, and balance exercises of the Pilates Method of body conditioning.

This course ends with a written online exam. It takes approximately 60 minutes to complete.



## 5. Tuition and Fees

Tuition* Option 1: Full Payment	
Deposit due with application	\$800
Balance paid one month prior to Module I	\$5,000
<b>Total</b>	<b>\$5,800</b>

\* Non-Refundable

Tuition* Option 2: Payment Plan	
Deposit due with application	\$800
One month prior to Module I	\$2,000
One month prior to Module II	\$2,000
One month prior to Module III	\$1,500
<b>Total</b>	<b>\$6,300</b>

\* Non-Refundable

Exam Fees	Written	Practical
Module I	Mat: 1 hour - \$100 Apparatus: 1 hour - \$100	Mat: 1 hour - \$100 Apparatus: 1.5 hours - \$195
Module II	Mat: 1 hour - \$100 Apparatus: 1 hour - \$100	Mat: 1 hour - \$100 Apparatus: 1.5 hours - \$195
Module III	Mat: 1 hour - \$100 Apparatus: 4 hours - \$100	Mat: 1 hour - \$100 Apparatus: 1.5 hours - \$195
Anatomy	1 hour - \$75	

Notes: Module exam retake fees: Mat and Practical Written: \$130. Mat Practical: \$130. Apparatus Practical: \$225.  
(A minimum of an extra 10 hours of teaching private sessions must be logged before a practical exam retake.)

Additional Fees	
Initial Evaluation	Price varies
Anatomy Course	\$250
Mandatory Mat Class Monthly Membership (2x week*)	\$216/month
Mandatory Apparatus Private Sessions** (with Certified Instructor or Teacher of Teachers)	Price varies

\* Optional 3x week – \$300/month

\*\*Apparatus package discounts available

Note: Apprentices must carry professional liability insurance.

## 6. Continuing Education (CE)

Teachers certified by The Art and Science of Contrology Pilates Instructor Training will receive the ASCPIT Certificate. A minimum of eight hours of Continuing Education (CE) classwork at The Art of Control (or an affiliate Art of Control studio) is required each year to maintain this Certificate. Teachers in good standing can apply for the Teacher-of-Teachers Master Program and have the opportunity to work with apprentices in their own studio, thereby earning CE credit.

## 7. Agreement

I agree I am responsible for paying the entire program tuition even if I decide to not finish the program once I register.

ASCPIT has the right to modify or change dates, faculty members, and/or requirements for the program due to external factors (such as extreme weather or pandemic restrictions). There is a no-refund policy; however, in case of cancellation by ASCPIT, students are always welcome to reschedule or continue the program at a later date.

I have read and understand the requirements of The Art and Science of Contrology Pilates Instructor Training (ASCPIT) program, including all required training hours, coursework, payments, and mandatory timeline.

Applicant name (print): \_\_\_\_\_

ASCPIT representative (print): \_\_\_\_\_

Applicant signature: \_\_\_\_\_

ASCPIT representative signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_