



Dates: Friday, February 28th – Sunday, March 1st, 2020

Location: FLEXX Studios Burlingame; 1300 Broadway, Burlingame, CA 94010

Agenda at a glance:

Day 1 - Studio B

4:00pm – 7:00pm - Orientation - Introductions and FLEXX Studios Manual Review

Day 2 – Studio A

12:15pm - 4:00pm - Mastering the Manual - Exercises 1-20

4:00pm - 4:30pm - Break

4:30pm - 8:00pm - Mastering the Manual - Exercises 21-35+

Day 3 – Studio A

12:15pm – 2:15pm - Recap Day 2 - modifications/variations/exercise foundations

2:15pm – 3:15pm - Remaining Exercises

3:15pm - 4:15pm - Block Training

4:15pm – 4:45pm - Break

4:45pm – 5:45pm - Signature Workout Programming

5:45 – 8:00pm - Teaching Practice, mini mock class

*Post 3-day training, students have the opportunity to pass the training program and move to the next step of certification which includes post-training practice hours, mock class and final sign off by FLEXX Studios Burlingame. Participation in the training program does not guarantee a teaching spot at FLEXX Studios although this is what we ultimately want!! Passing of certification will allow you to be listed on FLEXX's System's sub board.

Questions about the Training and Certification Program can be directed to Adrienne, Pilates Director at adpilates3@gmail.com or Annabelle Jones, Owner/Manager FLEXX Studios Burlingame at annabelle@flexxstudios.com

Questions regarding cost of training program, options for installment payments can be directed to Annabelle, Owner/Manager at Annabelle@flexxstudios.com

Post training activity includes:

1. Complete at least 10 hours of supervised practice time before you can schedule your mock class. Supervised means you are practicing with at least one other person (this person can be anyone you recruit to be your practice student) and then have Front Desk or a manager sign off that you were in the studio practicing. Practice time in the studio is based on studio A availability.

2. If you have not already done so, you are also required to attend at least 10 PPWB classes. Trainee will contact Annabelle or Front Desk Manager about purchase of a discounted trainee package of classes or discounted membership if you are not a current member/client or haven't



taken at least 10 Pilates Pro classes. We encourage you to take as many classes as possible as you will learn a lot from our team of instructors following training.

3. Pilates Director will audition trainee to approve readiness to schedule and teach a mock class.

4. Mock class is scheduled. Pilates Director will observe and evaluate your class. Participants taking the class will also complete a feedback form.

Tuition Payment:

- 1 Installment: \$1500 due upon reservation. Non-refundable. Cost includes training and certification program (dates above) as well as materials for training.