

THE FLETCHER PILATES COMPREHENSIVE PROGRAM OF STUDY

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MATWORK PROGRAM

Flexible learning on YOUR schedule! The Matwork Program is an Online Program that offers extensive resources built to offer high standards of educational content for each individual. Matwork Program graduates are able to begin teaching immediately.

Comprehensive Program students must complete the 30 hours of Online Coursework included in the Matwork Program prior to the first session of their Program.

MATWORK PROGRAM: 107 HOURS

ESTIMATED COMPLETION TIME: 2-3 MONTHS

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FOUNDATIONAL PROGRAM

Experience a new kind of Pilates program with the HYBRID virtual + in-person learning structure. Mentoring is included throughout the entire program process and no additional testing or exam fees are required!

Plus, Foundational Program graduates are invited to join our Exclusive Fletcher Forum for continued support as part of the Fletcher Community! Program Manuals + online learning resources + the Foundational Movement Encyclopedia are all INCLUDED!

Required: Access to appropriate Pilates equipment throughout the program process
Additional Requirements: 20 Private Sessions (with a Fletcher Pilates Teacher)

FOUNDATIONAL PROGRAM: 600 HOURS

ESTIMATED COMPLETION TIME: 10 MONTHS

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PROFESSIONAL PROGRAM

Complete your Comprehensive education! The Professional Program includes the intermediate/advanced syllabus and curriculum, further developing teaching and movement skills. Program Manuals + access to online learning resources + the Professional Movement Encyclopedia are INCLUDED! Plus, There are no additional testing or exam fees!

The Foundational and Professional Program graduates are listed on the Fletcher Pilates Website Teacher Directory.

Required: Access to appropriate Pilates equipment throughout the program process

PROFESSIONAL PROGRAM: 400 HOURS

ESTIMATED COMPLETION TIME: 8 MONTHS

Become a Fletcher Pilates Professional



"The best comprehensive Pilates program available."

HOURS BREAKDOWN

MATWORK PROGRAM

- 14 Hours - Workshop
- 8 Hours - Anatomy
- 8 Hours - Online Classes
- 2 Hours - Discussions
- 8 Hours - Mentoring
- 15 Hours - Participation
- 15 Hours - Observations
- 15 Hours - Self Practice
- 20 Hours - Casework
- Evaluations

FOUNDATIONAL PROGRAM

- 7 LIVE 3-day Classroom Sessions (virtual or in-person)
- 20 Hours - Online Coursework
- 140 Hours - Participation
- 100 Hours - Observation
- 120 Hours - Casework
- 40 Hours - Anatomy Study
- 40 Hours - Assigned Homework
- 20 Hours - Mentoring
- Evaluation Session

PROFESSIONAL PROGRAM

- 2 LIVE 10-day Classroom Sessions (virtual or in-person)
- 20 Hours - Online Coursework
- 120 Hours - Participation
- 90 Hours - Casework
- 30 Hours - Anatomy Study
- 20 Hours - Assigned Homework
- 20 Hours - Mentoring
- Observation opportunities
- Evaluation Session

COST BREAKDOWN

ONLINE MATWORK PROGRAM TOTAL COST:

\$1750 USD

Qualified to teach Mat Pilates

FOUNDATIONAL PROGRAM TOTAL COST:

\$6,500 USD

Qualified to teach Mat, apparatus, classroom and private Pilates

PROFESSIONAL PROGRAM TOTAL COST:

\$6,500 USD

Qualified to teach comprehensive Pilates across all apparatus

COMPREHENSIVE PROGRAM

TOTAL SAVINGS OF

\$3,750 USD

When you enroll in the full comprehensive program

PAYMENT PLANS AVAILABLE



APPLY HERE

ADDITIONAL REQUIREMENTS:

20 Private Sessions with a Fletcher Pilates Teacher prior to the Foundational Program
Estimated Cost: \$1,800 USD
(based on \$90 per session for 20 private sessions)

Anatomy Books
Estimated Cost: \$200 USD

Fletcher towel
Estimated cost: \$50 USD