



PACIFIC COAST PILATES ACADEMY

INTENSIVE PROGRAM **Information Package 2026-2028**

The Intensive Program

The Intensive Teacher Training Program is designed for instructors that have already graduated from an Intermediate Teacher Training Program but are interested in pursuing the Classical Method alongside of the movement education that's being offered by PCPA.

Enrollment Requirements

Prospective students must have graduated from the PCPA Keystone Program or a recognized Intermediate Pilates TTP, be familiar with the Classical Pilates Method and be capable of performing the classical exercises at an intermediate to advanced level.

Completion Requirements – 500 hours

Orientations – 2 hours

New Student Orientation – 1 hour

Case Study and Special Populations Project Orientation – 1 hour

Lecture Units – 60 hours

Unit 1 – Level 1 Pilates Exercises + Miscellaneous - 12 hours

Unit 2 – Level 2 Pilates Exercises + Miscellaneous - 12 hours

Unit 3 – Level 3 Pilates Exercises + Miscellaneous - 12 hours

Unit 4 – Level 4 Pilates Exercises + Miscellaneous - 12 hours

Unit 5 – Level 5 Pilates Exercises + Miscellaneous - 12 hours

Movement Education Labs – 42 hours

The Fundamentals of Pilates – The Ground Work – 6 hours

Breathing and The Pilates Method – 6 hours

The Fundamentals of Pilates – the Work within the Work – 12 hours

The Link System – 6 hours

Baby Chair to Fine Tune your Reformer Work – 6 hours

Bone Rhythms of the Pelvis, Spine and Shoulder Girdle – 6 hours



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Anatomy Unit – 7 hours

- Unit 1 – Basic Body Anatomy – 2 hours
- Unit 2 – Basic Muscles – 2 hours
- Unit 3 – Advanced Body Anatomy – 3 hours

Pilates Clinics – 24 hours (8 of the following)

- The Nine Lines of Movement
- Taking Root
- Teaching Roadblocks
- Getting to Know your Psoas
- Oppositional Energy
- Modifications and Bridge Exercises
- Ball Rolling for Pilates
- Synchronization of the Girdles
- The Stretch & Strength in Pilates
- Spotting and Partnering

Internship – 346 hours

- Observations + Lessons = 150 hours (minimum of 75 lessons)
- Personal Practice – 75 hours
- Teaching – 80 hours (80% privates and 20% group classes)
- Case Study – with a focus only on set-up, safety, breath, choreography and Transitions – 20 teaching hours
- Special Populations Mini Project – 10 hours
- Miscellaneous – 11 hours

Observed Teaching and/or Performance – 5 hours

Starts after month 6 and it's a combo of what you require and desire the most

Exams –14 hours

- Anatomy Exam #1 – 2 hours
- Anatomy & Body Rolling Exam – 2 hours
- Mid Program Performance – 1 hour
- Theory Exam – 1 hour
- Comprehensive Exam – 2 hours
- Practice Exams – 3 hours
- Final Exams – 3 hours



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INTENSIVE PROGRAM FEES

Enrollment Fees

Application Fee	\$ 50
Assessment Fee	\$ 100
Course Materials (includes lecture workbooks anatomy handouts, FM balls & band, hoodie, bag and insurance coverage)	\$ 650

Tuition – lessons NOT included

Intermediate Education

\$ 3,125

(includes lecture units 1-3, movement education labs, anatomy units 1&2, pilates clinics, observed teaches and/or performance, case study and all internship hours except lessons)

Advanced Education

\$ 2,275

(includes lecture units 4-5, movement education labs, anatomy units 3, pilates clinics, observed teaches and/or performance, case study and all internship hours)

Exam Fees

Anatomy & body rolling, theory, comprehensive, practice & final teaching and performance exams	\$ 1,175
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EXTRA COSTS

Lessons

Observed teaching and performances (above the 5 required in the program)

Textbooks - suggested readings for the program

The total cost of the program is \$ 5,400 plus gst PLUS enrollment fees of \$800 plus gst, exam fees of \$1,175 plus gst and the cost of lessons, textbooks and observed teaches above the ones required.