



PACIFIC COAST PILATES ACADEMY

MAT CERTIFICATION PROGRAM **Information Package 2026/2027**

Mat Certification Program

The Mat Certification Program is a focused entry-level credential designed for fitness professions who are already teaching, or looking to teach, Pilates mat classes in gym and fitness studio environments. The program covers foundational principles of Pilates, essential mat repertoire, cueing, modifications and safe progressions in order to confidently lead an effective mat class.

Enrollment Requirements

Prospective students must be familiar with the Pilates Method Mat repertoire and be capable of performing a Level II repertoire with a minimum of 20 hours of lessons.

Completion Requirements – 200 hours

Orientation – 1 hour

New Student Orientation – 1 hour

Lecture Units – 9 hours

Unit 1 – Level 1 Pilates Mat Exercises – 3 hours

Unit 2 – Level 2 Pilates Mat Exercises – 3 hours

Unit 3 – Level 3 Pilates Mat Exercises – 3 hours

Movement Education Labs – 12 hours

The Fundamentals of Pilates – The Ground Beneath the Work – 6 hours

Pilates Mat – mechanics of breathing and small apparatus – 6 hours

Anatomy Units – 4 hours

Unit 1 – Basic Body Anatomy – 2 hours

Unit 2 – Basic Muscles – 2 hours



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Pilates Clinics – 9 hours (3 of the following)

Oppositional Energy
Theming a Mat Class

Spotting and Partnering
Nine Lines of Movement

Internship – 155 hours

Observations + Lessons = 80 hours (minimum of 40 lessons)
Personal Practice – 30 hours
Teaching – 40 hours
Miscellaneous – 5 hours

Observed Teaching – 2 hours

Starts after month 3 – it's to prepare you for the Teaching Exams

Exams – 8 hours

Anatomy Exam – 1 hour
Theory Exam – 1 hour
Mid-Term Exams – 3 hours
Final Exams – 3 hours



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MAT CERTIFICATION PROGRAM FEES

Enrollment Fees

Application Fee	\$ 50
Assessment Fee	\$ 100
Course Materials (includes lecture workbooks anatomy handouts, FM band, bag and insurance coverage)	\$ 175

TUITION – does NOT include lessons

Education (includes lecture units, movement education labs, anatomy units, pilates clinics, exams and all internship hour except lessons)	\$ 1,750
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EXTRA COSTS

- Lessons – privates, semi-privates or groups
- Observed teaching and performances (recommended but not required)
- Textbooks - suggested readings for the program

The total cost of the program is \$1,750 plus gst PLUS enrollment fees of \$325 plus gst , and the cost of lessons, textbooks and any observed teaches.