



PACIFIC COAST PILATES ACADEMY

INTENSIVE PROGRAM

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 – 475 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 – 36 hours

The Fundamentals of Pilates – 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 – 12 hours

Anatomy Unit – 3 hours

Unit 3 – Advanced Body Anatomy – 3 hours



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Pilates Clinics – 15 hours (5 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 – 342 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 – 7 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 –12 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 workbook plus FM balls and band)	\$ 350

Tuition – lessons NOT included

Education (includes lecture units, movement education labs, anatomy units, pilates clinics, observed teaches and/or performance, case study and all internship hours)	\$ 3,975
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Exam Fees

Anatomy & body rolling, theory, comprehensive, practice & final teaching and performance exams	\$ 1,075
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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 \$ 3,975 plus gst PLUS enrollment fees of \$500, exam fees of \$1,075 and the cost of lessons, textbooks and observed teaches above the ones required.



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INTENSIVE PROGRAM SCHEDULE 2025/2027

Saturday Sept 20 th	1:00-4:00pm – Intensive Student Orientation
Saturday Sept 27 th	10:00am-4:30pm – Leccture Unit #1
Sunday Sept 28 th	10:00am-4:30pm – Lecture Unit #1
Friday Oct 17 th	1:00-4:00pm – Pilates Clinic
Saturday Oct 25 th	10:00am-4:30pm – Lecture Unit #2
Sunday Oct 26 th	10:00am-4:30pm – Lecture Unit #2
Friday Nov 14 th	1:00-4:00pm – Pilates Clinic
Saturday Nov 22 nd	10:00am-4:30pm – Lecture Unit #3
Sunday Nov 23 rd	10:00am-4:30pm – Lecture Unit #3
Friday Dec 12 th	1:00-4:00pm – Pilates Clinic
Friday Jan 16 th , 2026	1:00-4:00pm – Pilates Clinic
Friday Feb 13 th	1:00-4:00pm – Pilates Clinic
Friday March 27 th	1:00-4:00pm – Pilates Clinic
Saturday March 28 th	10:00am-4:30pm – Leccture Unit #4
Sunday March 29 th	10:00am-4:30pm – Lecture Unit #4
Friday April 17 th	1:00-4:00pm – Pilates Clinic
Saturday April 25 th	10:00am-4:30pm – Movement Education Lab
Sunday April 26 th	10:00am-4:30pm – The Fundamentals
Friday May 8 th	9:30am-12:30pm –Anatomy Unit #3 1:00-4:00pm – MID PROGRAM PERFORMANCE
Friday May 22 nd	1:00-4:00pm – Pilates Clinic
Saturday May 23 rd	10:00-4:30pm – Lecture Unit #5
Sunday May 24 th	10:00-4:30pm – Lecture Unit #5
Saturday June 13 th	10:00am-4:30pm – Movement Education Lab
Sunday June 14 th	10:00am-4:30pm – Bone Rhythms
Friday June 19 th	1:00-4:00pm – Pilates Clinic
Friday July 24 th	1:00-4:00pm – Pilates Clinic
Saturday Sept 12 th	10:00am-4:30pm – Movement Education Lab Baby Chair
Sunday Sept 13 th	10:00am-4:30pm – Movement Education Lab The Link System



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Friday Sept 18th

10:00am – ANATOMY EXAM

Friday Oct 16th

11:00am-THEORY EXAM

1:00-4:00pm – Pilates Clinic

Saturday Oct 24th

PREP EXAMS

Saturday Nov 7th

COMPREHENSIVE EXAM

Friday Nov 13th

1:00-4:00pm – Pilates Clinic

Friday Dec 11th

1:00-4:00pm – Pilates Clinic

Friday Jan 15th, 2027

1:00-4:00pm – Pilates Clinic

Saturday Jan 23rd

FINAL or PREP EXAMS (with program extension)

Friday Feb 12th

1:00-4:00pm – Pilates Clinic

Friday March 12th

1:00-4:00pm – Pilates Clinic

Friday April 16th

1:00-4:00pm – Pilates Clinic

Saturday April 24th

FINAL EXAMS (with program extension)