

# ALIGN

— PILATES STUDIOS —

## BECOME A CERTIFIED PILATES INSTRUCTOR



ALIGN +  balanced body®



## Your Guide To Becoming A Certified Pilates Instructor With ALIGN & Balanced Body

If You're Passionate About Movement, Strength, And Helping Others Feel Their Best, Becoming A Certified Pilates Instructor Might Be The Perfect Path For You.

Whether You're Looking For A Career Change, A Side Hustle, Or A Deeper Understanding Of Your Own Pilates Practice, Balanced Body's Certification Program At ALIGN Pilates Is Designed To Set You Up For Success.

In This Guide, We'll Answer Some Of The Most Frequently Asked Questions About Our Pilates Teacher Training Program So You Can Start Your Journey With Clarity And Confidence.



### Where Should I Start?

The best place to begin depends on your background and goals!

#### MOVEMENT PRINCIPLES

If you're new to teaching movement, this course lays the foundation. You'll learn essential biomechanics, cueing strategies, and body mechanics to help clients move better.

#### MAT 1

Want to focus on mat-based Pilates? Start here! You'll learn fundamental exercises, progressions, and modifications for all skill levels.

#### REFORMER 1

If you're drawn to equipment-based Pilates, Reformer 1 is your best bet. This course covers beginner exercises, setup, safety, and cueing.



*No matter your path, you'll gain the tools to teach and inspire others confidently.*

[REQUEST A CONSULTATION](#)

## What Are the Certification Options?

Balanced Body offers flexible certification tracks depending on how deep you want to go:

### MAT CERTIFICATION

Learn Pilates fundamentals and bodyweight exercises for teaching group or private mat classes.

### REFORMER CERTIFICATION

Specialize in Reformer-based workouts, mastering one of the most widely used Pilates apparatuses.

### MAT & REFORMER CERTIFICATION

Combine both for a well-rounded foundation in Pilates instruction.

### COMPREHENSIVE CERTIFICATION

Train on ALL major Pilates equipment (Mat, Reformer, Cadillac, Chair, Barrels) for ultimate expertise.



*Each path helps you grow as an instructor  
—start where it feels right for you!*

## Does Taking a Module Mean I’m Certified?

**Not yet!**

Completing a module is just the first step. You’ll also need to finish:

### PERSONAL PRACTICE

Deepen your understanding by experiencing the exercises in your own body.

### OBSERVATION HOURS

Watch experienced instructors to learn cueing, sequencing, and corrections.

### PRACTICE TEACHING

Gain hands-on experience working with real clients.

### FINAL TEST-OUT

Demonstrate your skills to become officially certified!



*Teacher Training is not just about knowing the exercises—it’s about learning how to teach them effectively!*



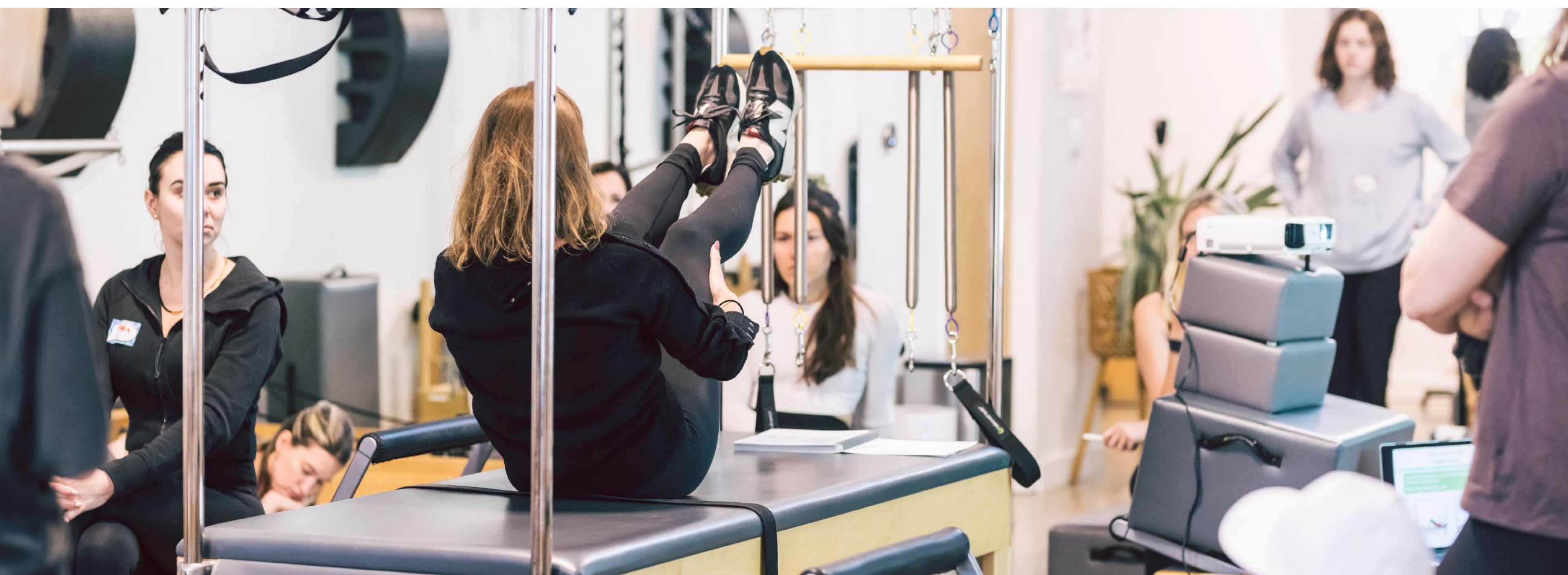
## Can I Start Teaching After Taking a Module?

Yes! But you'll be student teaching as you work toward full certification.

Practice teaching is key to developing confidence, refining your cueing, and understanding different bodies. Your required student teaching hours will prepare you for success in your final test-out.



*You don't have to be perfect to start—teaching is a skill that grows with experience!*



## What is Independent Work, and Why is It Important?

Independent work bridges the gap between training and becoming a skilled instructor. *It includes:*

### PERSONAL PRACTICE

Deepen your understanding by experiencing the exercises in your own body.

### OBSERVATION HOURS

Watch experienced instructors to learn cueing, sequencing, and corrections.

### PRACTICE TEACHING

The best way to learn is by doing!



*You can study the manual all day long, but real learning happens when you start teaching.*



## Is the Mentor Program Included in Certification?

No, this program is optional, but it's one of the best ways to accelerate your learning!

### Why join ALIGN's Mentor Program?

Get real-time feedback from experienced instructors.

Feel supported throughout your certification journey.

Build confidence before your test-out.



**BONUS:** All mentor hours count toward your required independent work!



## What Are the Benefits of the Mentor Program?

A weekend of training is just the beginning—mastery takes practice, mentorship, and guidance.

### IN-PERSON MENTORSHIP

(Austin & Houston coming soon!)

Work hands-on with expert instructors.

### VIRTUAL PROGRAM

Get live online mentorship from anywhere.

### ON-DEMAND ACCESS

400+ classes, workshops & deep dives for ongoing learning.



*With mentorship, you'll never feel stuck or alone on your journey to certification!*



## Can I Join the Mentor Program if I Don't Live in Austin?

*Absolutely!*

We offer three flexible options to fit  
your lifestyle:

### FULL PROGRAM

In-person mentorship  
(Austin & Houston  
coming soon!)

### VIRTUAL PROGRAM

Live, interactive online  
mentorship.

### ON-DEMAND ACCESS

400+ classes, workshops  
& deep dives.



*Wherever you are, we've got a way  
to support your success!*

## How Does Balanced Body Compare to Other Certification Programs?

Balanced Body is one of the most  
respected Pilates training programs  
worldwide, blending Pilates tradition  
with modern movement science.

What makes us different?

### GLOBALLY RECOGNIZED CURRICULUM

Taught since 2006, with  
thousands of successful  
graduates.

### MODULAR & FLEXIBLE LEARNING

Train at your own pace with a  
mix of in-person and online  
options.

### EMPOWERING APPROACH

We don't force a single teaching  
style—we help you develop your  
own unique voice as an  
instructor.



*It's not just about certification—  
it's about setting you up for a  
fulfilling, long-term career.*



## What Are the Costs of Certification?

*Investing in your Pilates education is an investment in your future. Below is an estimate of certification costs:*

### Certification Costs

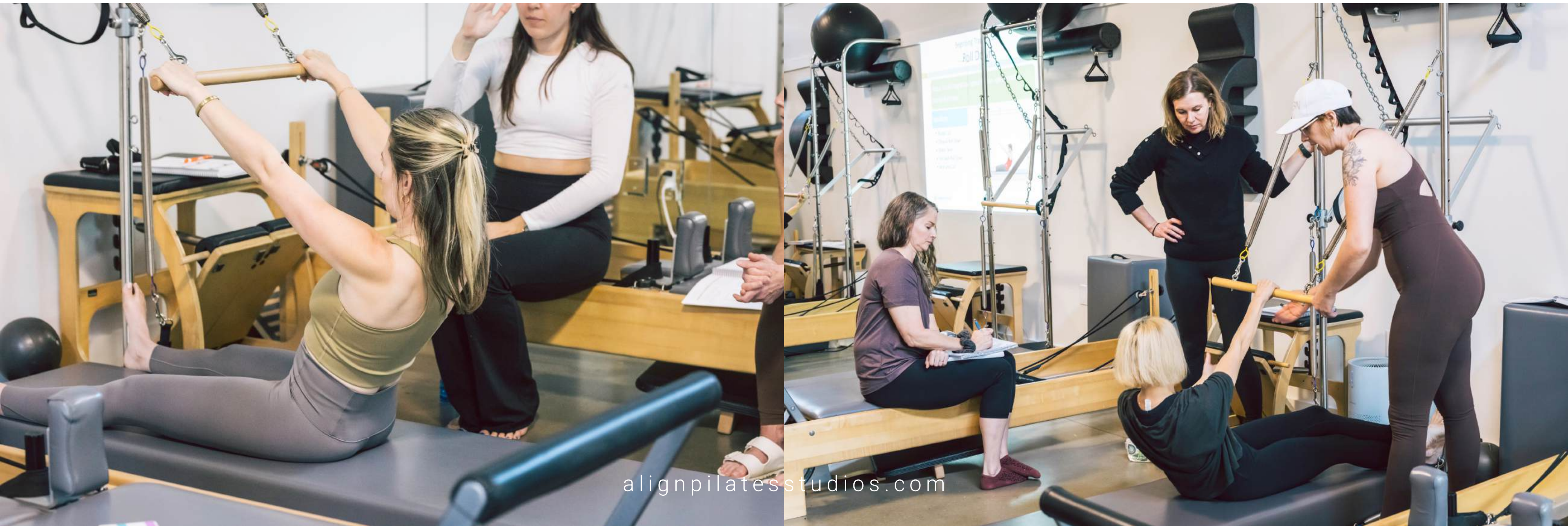
MAT	REFORMER
\$2,500-\$3,000	\$2,500-\$3,000
MAT & REFORMER	COMPREHENSIVE CERTIFICATION
\$4,400- \$4,800	\$5,675-\$6,250 (includes all equipment)

### Additional Costs

PRACTICE CLASSES & OBSERVATION	PRACTICE TEACHING
\$0 if a member of our ALIGN Mentor Program, or per class fee elsewhere	Free with our Mentor Program or paid depending on studio arrangement
TEST-OUT FEE	MENTOR PROGRAM
\$300	\$66-\$200 per month (optional but recommended)



*Early Bird Pricing is available for all our Modules. Register 30 days before the module and the EBP will automatically apply and checkout.*







## Ready to Take the Next Step?

Becoming a Pilates instructor isn't just about learning exercises—it's about:

**Moving smarter in your own body**

**Helping others feel stronger  
& more confident**

**Building a career that supports  
your lifestyle & well-being**

If you love intelligent movement, self-care, and community,  
this journey is for you!

To Enroll:

[VISIT OUR WEBSITE](#)

Follow us to stay in the know!

