



MAT PILATES TEACHER TRAINING

ABOUT

The Body Precision Mat Training Program is the foundational module in a fully comprehensive training in classical Pilates. It was developed in 1998 by owner Beth Downey and currently boasts over 100 graduates. Beth has been teaching since 1996 and completed both The Comprehensive Training Program and the Masters Program at the renowned Pilates Center of Boulder.

Body Precision is nationally recognized and listed on the Pilates Method Alliance's Registry of Schools. Individual modules may be eligible for other fitness certification continuing education credits..

FACILITATOR

Weekend Modules will be lead by Deb Nehlig. A graduate of the Comprehensive Teacher Training at Body Precision in 2007 and Pilates Center of Boulders' Masters Training, Deb has been teaching Pilates Mat in Lancaster or over 18 years

LOCATION

UNIVERSAL ATHLETIC CLUB,
2323 Oregon Pike, Lancaster, PA 17601

PRE-REQUISITES

Pilates Mat Experience through level 2 (Beginner/Intermediate)

Weekend Modules In Person

Jan 31 11:30am-6:00pm

Feb 1 12:30pm-7:00pm

Feb 21 11:30am-6:00pm

Feb 22 12:30-7:00pm

A prerequisite module on the History and Principles of Pilates is to be completed before the in person weekends begin.





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ADDITIONAL REQUIREMENTS to complete the full apprenticeship and receive certificate from Body Precision

- 50 practice teaching hours
- 40 observation hours
- 25 lessons (10 privates/15 classes)
- 5 miscellaneous hours
- 2 written tests (Level I - III and Anatomy)
- 1 teaching test (Level II, private client)
- 1 performance test (Level III)

INVESTMENT

Teacher Training should be completed in a 6-month period. In order to complete the required hours trainees should plan to commit to 5 hours a week.

FULL PROGRAM

- \$1,700*

Includes:

- Workshop hours: 24
- 2 privates sessions
- 20% Teacher Discount for Additional lessons
- Advisor for support and apprenticeship supervision
- Training Manual
- Anatomy test
- A monthly zoom class for trainees TBD

*****WEEKEND MODULES ONLY (FOR CONTINUING ED) - \$550 per weekend A certificate of completion can be provided for applying CECS towards other trainings.

In order to hold your spot in the training a deposit of \$200 can either be mailed to Deb Nehlig 1320 Foxcroft Drive Lancaster PA 17601 or Venmo @Debra-Nehlig

Due date for the deposit is January 16, 2026.