

# Peak Pilates Launches a NEW Classical Mat Certification Program!

We are thrilled to announce the launch of our new and improved **Classical Mat Certification Program!** This program will provide you with a solid foundation in classical Pilates mat work and equip you with the skills and confidence to teach Pilates mat classes safely and effectively.

**Zoey Trap**, *Peak Pilates Executive Director of Education and Training*, shares more helpful insight about the program: “The new **Classical Mat Certification Program** has been thoughtfully designed around the Beginning and Intermediate Mat exercise orders. To help you reach a more diverse population, it now includes more focus on fundamentals which can be helpful to beginners and de-conditioned students. It also incorporates Add-In exercises to help build better movement skills and functional fitness. Now the program also features traditional ending exercises to end the workouts.”

## What's New About the Program?

- **Enhanced Curriculum:** Our updated curriculum offers a deeper exploration of classical Pilates principles, fundamentals, and progression techniques.
- **Flexible Learning:** Complete each level of a robust online course at your own pace and take advantage of optional 6-hour live sessions for personalized feedback and coaching. These optional sessions will be held virtually as well as in person.

## What Will You Learn Specifically?

- How to perform and teach 14 Fundamental Exercises, 37

Classical Mat Exercises, 14 Add-In Exercises, and 16 Classical Ending Exercises.

- How to look at Posture and Movement through the lens of Pilates.
- Anatomy of the powerhouse.
- Hone teaching skills.
- The basics of designing your own classical mat classes.

### **Why Should You Enroll?**

- **Top-Notch Training:** Learn the art and science of classical Pilates with our 5 Part Formula for Success.
- **Professional Growth:** Expand your teaching skills and advance your personal Pilates practice.
- **Global Recognition:** Earn a certification recognized worldwide and join a community of respected and skilled instructors.

### **FAQs:**

#### **How is this different from the previous program?**

The previous program had 3 levels and was focused solely on classical exercises. It was conducted in 2-day live modules. The new program is 2 levels and encompasses more Fundamentals, Add-in work and Endings – expanding the syllabus tremendously.

Additionally, the first level now includes intermediate work while the second contains intermediate and advanced work. As well, both are offered online or with a live option.

#### **How much does the program cost?**

- Option #1: The online program costs \$650, which includes all digital course materials and assessment fees.

- Option #2: The online program with the additional 6-hour live session, in which you will receive feedback and coaching virtually or in person, is only an additional \$100.

**Of the two options mentioned above, which should I sign up for?**

Option #2 is specifically aimed at helping you to improve your understanding and performance of the exercises; as well as providing invaluable coaching on your teaching. If this feels right to you, go with this option.

**If I choose Option #2, do I complete the optional portion before or after the online portion?**

Once you're enrolled in the online course, we'll provide you with the dates for live and virtual offerings, so you can choose the format that best meets your needs.

**What if I already have a Peak Pilates® Basic Mat Certification?**

If you are Basic Mat Certified and wish to take Level I, you may take the entire LI Mat course at a 25% discount. (Email [education@peakpilates.com](mailto:education@peakpilates.com) for more detail.) There is so much new coursework and many additional materials you will be 'leveling up!'

Or you may take a LI Mat Transition Course offered as a live-only option which will cover only the new material. This course is 4 hours and worth 4 CECs.

**How many CECs will I earn with this certification?**

You will earn 14 CECs for each level of Peak Pilates Classical Mat.

**[Sign Up Today!](#)**