

THE PILATES CERTIFYING CENTER @ TRDANCE

PREREQUISITE QUESTIONNAIRE

Please attach additional sheets if needed

1. Why do you want to become a certified Pilates Teacher?
2. Explain any experience you've had teaching or working with people.
3. Describe your exercise or movement history.
4. List past and present occupations and include any awards or outstanding achievements.
5. How do you plan to use your Pilates Certification?
6. How do you plan to fulfill the apprenticeship requirements and how many hours per day and days per week will you be able to commit to the program?
Keep in mind that 90% of our apprentices have taken a year to complete the program. To complete the apprenticeship in one year would require a commitment of approximately 13 hours a week for 12 months.