



3113 Valley Ave., Suite 110,  
Winchester, VA 22601  
540-662-1117

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB: \_\_\_\_\_

Describe your Pilates Experience including teachers, studios, apparatus and any other information that would present a complete picture of your experience with the Pilates method.

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\_\_\_\_\_

What do you hope to accomplish by becoming a Pilates Teacher?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe any physical limitations you may have that would affect your participation.

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\_\_\_\_\_

Describe any special abilities or experience that would make you an outstanding candidate for this program, including previous work experience.

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Is there anything else we should know?

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Pilates Connection LLC offers a PSAP approved teacher training program. Successful completion of this program qualifies students to take the PMA®CPT teacher exam. Are you prepared to commit to 450 hours of training, including the 112 hours of lecture/workshops provided by Pilates Connection and a final teaching exam provided by PMA in order to attain your teacher certification? \_\_\_\_\_

After reviewing your application we will contact you. Approved applicants can then enroll in the training course.

[www.pilatesconnectionswinchester.com](http://www.pilatesconnectionswinchester.com)