

**Santa Monica College**  
**Pilates Reformer Teacher Training Certificate of Achievement**

*Effective Fall 2026*

The Pilates Reformer Teacher Training Certificate program prepares students to instruct others on the Pilates Reformer. Students will learn to safely and effectively instruct using the reformer. Upon completion, students will be able to lead classes, private and semi-private training sessions at health clubs, fitness and wellness centers, community centers, corporate settings and private studios. The program emphasizes principles, techniques, assessment tools, history, and movement theory behind Pilates reformer training. Applied kinesiology and anatomy are required.

Students are required to participate in Pilates sessions, observe classes, and fulfill student teaching hours. This program prepares students for the National Pilates Certification Exam, (NPCP).

**Program Learning Outcomes:**

Demonstrate Pilates reformer teaching skills and techniques.

Create sequences for individuals and groups training on the Pilates Reformer.

Integrate Reformer principles and modifications for students of various levels.

**Required Core Courses:**

**Units: 6.0**

PRO CR 90 Introduction to Applied Kinesiology and Anatomy

3.0

PRO CR 91 Pilates Teaching Methodology and Principles

3.0

**Required Mat Courses:**

**Units: 3.0**

PRO CR 92 Pilates Mat Instructor Training

2.0

PRO CR 93 Pilates Mat Teaching Practicum

1.0

**Required Reformer Courses**

**Units: 3.0**

PRO CR 94 Pilates Reformer Instructor Training

2.0

PRO CR 95 Pilates Reformer Teaching Practicum

1.0

**Total: 12.0**