



Frequently Asked Questions

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I think I want to teach Pilates, what do I do first?

Before you sign up for a training, please contact Lisa Webb (info@fayettevillepilates.com) to let her know that you are interested and tell her a little about your movement background. Balanced Body requires that students have attended at least 10 Mat and 10 Reformer classes before training begins to make sure that clients are at least a little familiar with Pilates movements and ideas.

How much does it cost?

Each training module costs between \$400-550 depending on the module and if you sign up early or not. You can begin teaching after you have taken 3 or 4 modules, but in order to become a Comprehensive Pilates Instructor, you must complete 11 training modules (this includes all Mat, all Reformer, and all Apparatus). Most students spread out the modules over a few years and some students do not complete all the modules because they only want to teach a certain class (just mat or just reformer). Of course, the more modules you take, the more opportunities you will have to teach.

When do the trainings normally happen?

The training modules usually happen over the weekends in 2 or 3 days. The trainings must be taken in a specific order (they build on each other) and new students usually start in August or in January. View our training schedule to see when our next Movement Principles (first module) training will happen.

How long before I can teach?

After each module is completed, students are free to practice and teach all of the material that was covered in that module, so once you have completed Mat 1, you will have the material to teach a Beginner Mat class. At Fayetteville Pilates and Barre, instructors are required to have completed up to level 2 (in either Mat or Reformer depending on what they want to teach) and have taught a mock-class to the owner before teaching. This usually takes anywhere from 3-6 months of training and practice depending on the student's motivation.



What if I only want to teach Reformer/What if I only want to teach Mat?

Modules required to only teach Mat: Movement Principles, Mat 1, Mat 2, Mat 3

Modules required to only teach Reformer: Movement Principles, Reformer 1, Reformer 2, Reformer 3

What if I don't want to teach, but I would like to go through training?

You will learn so much (!) and you are welcome to join us to grow in your understanding and passion for Pilates. We often have clients take trainings that are interested in diving a little deeper to get more out of their class experience. We would love to have you join us!

Where am I going to practice/observe after training?

You will have access to Fayetteville Pilates and Barre during hours when the studio is free. All we ask is that you coordinate with us to make sure there aren't any schedule conflicts.

What is Balanced Body? Who is Lisa Webb?



Balanced Body is the world's largest manufacturer of Pilates equipment, but they also provide Pilates Education. Lisa Webb is a certified Master Instructor for the Balanced Body Education Program and Fayetteville Pilates and Barre is an Authorized Training Center for Balanced Body.

Students that go through training at FPB will receive the materials and resources of a top tier, internationally known education program and the experience and knowledge that Lisa has gained over her teaching career. Lisa has a background in dance

and sports and went through comprehensive Pilates training in 2007. She worked in Los Angeles and New Orleans and in 2012, she moved back to her hometown and opened FPB. After 10 years of teaching and continuing education, Lisa went through Master Instructor training in 2017 and now offers Pilates Trainings, mentoring and observation opportunities at Fayetteville Pilates and Barre.

Is Fayetteville Pilates and Barre hiring?

FPB is always looking for instructors to take on Personal Training clients and be available to substitute classes. Contact Lisa or the studio manager to see if there are any teaching needs for group classes.

What do I have to do to get certified or test out?

In order to TEST OUT through Balanced Body, a student must complete the trainings, observation and teaching hours and complete a written and practical exam with a Master Instructor. In order to be a CERTIFIED Pilates Instructor, a student must have completed and "tested out" all 11 trainings and pass the Pilates Method Alliance Certification test. Neither of these are required to begin teaching, but students should aim to Test Out within a year of the completion of their last training.

