

THE LAB by Studio7 Pilates Teacher Training Program

BRIDGING THE GAP BETWEEN CLASSICAL
AND CONTEMPORARY PILATES.



What is THE LAB?

THE LAB is a nationally recognized 500-hour Comprehensive Pilates Teacher Training program developed by Holly Swanson of Core Chicago Pilates and Jacquelyn Brennan of Pilates + Coffee. It is accredited by the National Pilates Certification Program, and is led by Jocelyn Cohenour, Studio7 Pilates owner.

THE LAB was intentionally designed to teach both classical and contemporary Pilates utilizing the different apparatus, including: Mat, Reformer, Cadillac, Chair, High/Ladder Barrel, Spine Corrector & Magic Circle.

Through hands-on practice, mentorship, and real teaching experience, you'll leave feeling prepared, supported, and excited to begin your journey as a Pilates Teacher.

Why should you choose THE LAB?

an open letter from your teacher trainer

When I opened Studio7 in 2014, I was working full-time as a Physical Therapist Assistant and planned to teach Pilates on the side. A few months in, I realized that what we were doing in the studio was making a significant difference in people's lives. Clients came to us after their physical therapy ended, while recovering from injuries or pregnancy, or simply to maintain their strength and independence as they aged. That realization helped shaped the type of teacher training I wanted to offer.

I believe Pilates Teachers should feel comfortable working with people of all bodies, backgrounds, and movement experiences. It's not enough to know the exercises - you need to understand why you're teaching an exercise, how to modify it, and how to create a Pilates program that meets your client's needs. THE LAB by Studio7 Pilates program goes far beyond the repertoire, with in-depth anatomy, biomechanics, physiotherapy, perinatal care, and movement science woven throughout the training. The breath work section alone is eleven pages! Our goal is to certify teachers who understand the method, think critically, and feel confident teaching a wide range of clients.

Our teacher training program is kept small intentionally - we offer one cohort each year and limit it to just eight participants so everyone receives the mentorship, feedback, and hands on experience that matches the financial investment being made. Honoring the classical Pilates method is important, but so is understanding how to apply it to the person in front of you. You'll learn the classical repertoire alongside contemporary movement, effective cueing, thoughtful programming, modifications, and get plenty of practice teaching so you graduate feeling prepared, confident, and excited to teach.

I'm so excited to mentor the Fall 2026 group, thank you for your interest and I hope to see you this fall!

- Jocelyn, Studio7 Owner

Comprehensive 500 Hour Training

- History & Philosophy of Pilates (4 hours)
- Professionalism/Scope of Practice & Ethics (15 hours)
- Anatomy & Movement Principles (40 hours)
- Mat (35 hours)
- Reformer (50 Hours)
- Cadillac/Tower (20 hours)
- Chair (14 hours)
- Ladder Barrel (5 Hours)
- Spine Corrector (3 Hours)
- Magic Circle (4 Hours)
- 95 Personal practice Hours
- 130 Teaching Hours
- 75 Observation Hours (We suggest 20 observation hours for each module)
- Practical tests and written assessments (8 hours)
- Program Design: Private and group (2 hours)

(Note about teaching hours: You must take 3 clients through 10 hours on each apparatus, this is part of the 130 hours)

Hourly components must be completed to sit for the NCPT Exam

Mat and Reformer Training

- History & Philosophy of Pilates (4 Hours)
- Professionalism/Scope of Practice and Ethics (15 Hours)
- Anatomy & Movement Principles (40 Hours)
- Mat (35 Hours)
- Reformer (50 Hours)
- 45 Personal Practice Hours
- 85 Practice Teaching Hours
- 45 Observation Hours
- Program Design (2 Hours)
- Practical and Written Exams (8 Hours)

The Curriculum

IN-STUDIO LECTURE HOURS

Over the course of 7 weekends, we will cover Anatomy, History of Pilates/Scope of Practice, and breakdown of every exercise according to choreography, muscle focus, and contraindications. We also spend time learning how to put together programming for private sessions, duets and group classes.

SELF PRACTICE HOURS

95 hours of personal practice conducted on your own time using your manual at Studio7, taking classes at Studio7, or taking classes at other studios. You will receive a discount code for 15% off class packages while working towards your hours. You'll be able to start counting your self practice hours upon completing each module. *(For example, your Cadillac/Tower classes will not count until we complete the in-studio module.)*

PRACTICE TEACHING HOURS

130 hours of practice teaching the material from each module. We encourage you to begin teaching real bodies after your first weekend. You will have the ability to reserve teaching time at Studio7 (discussed the first weekend) and be able to bring in friends, relatives, anyone who will let you teach them. We believe teaching a variety of bodies early on sets you up for success long-term, and strongly encourage you to practice teach where you will be supervised for safety, preferably at Studio7.

The Curriculum

OBSERVATION HOURS

75 hours of observing private sessions and classes; watching experienced teachers teach others is one of the best ways to absorb the information. Preference is the hours are completed at Studio7, but not required. You will sign-up for observation hours through a shared calendar, discussed after the first weekend of training; arrangements can be made for zoom observation hours on a case by case basis.

FINAL EXAMS

Upon completion of your hours, you will schedule a date to take your written and Practical exam. Upon passing both exams, you will receive your certificate, and be a Comprehensively Certified Pilates Teacher through THE LAB by Studio7 Pilates.

NPCP EXAM

Achieving the Nationally Certified Pilates Teacher (NCPT) credential is a separate, voluntary certification administered by the National Pilates Certification Program (NPCP). After completing an approved comprehensive teacher training program like ours, graduates are eligible to sit for the NCPT exam if they choose. Taking the NCPT exam is not required in order to teach Pilates, but it is a respected credential should you choose to pursue it.

In-Studio Training Schedule

WEEKEND ONE	October 2nd - 4th History of Pilates, Scope of Practice, Anatomy, begin Mat training
WEEKEND TWO	October 16th - 18th Finish Mat training, Magic Circle training
WEEKEND THREE	November 6th - 8th Reformer part 1
WEEKEND FOUR	December 4th - 6th Reformer part 2, Spine Corrector
WEEKEND FIVE	January 8th - 10th Class Planning, Cadillac/Tower
WEEKEND SIX	February 5th - 7th Chair, Ladder Barrel
WEEKEND SEVEN	March 5th - 7th Review, practice teaching, class planning and cueing

FRIDAYS 6 - 9 PM, SATURDAYS AND SUNDAYS 12 - 6 PM

Investment

COMPREHENSIVE

- \$6000
 - \$500 non-refundable deposit is required to save your spot
 - 5,500 if paid in full by August 15th

MAT AND REFORMER

- \$4500
 - \$500 non-refundable deposit is required to save your spot

Remainder of tuition due on the first day of Weekend One unless you are doing a payment plan.

PAYMENT PLAN

- \$400 August payment (collected anytime in August)
- \$850 monthly payment Sept, Oct, Nov, Dec, Jan, and Feb
- Payment is due the 3rd of every month; a late fee of \$40 will be added after the 3rd
- Payment can be made via venmo, check, or credit card; 4% processing fee is added to all CC transactions

What's Included

COMPREHENSIVE

- Mat, Reformer, Cadillac/Tower, Wunda Chair, Ladder Barrel, Spine Corrector, Magic Circle repertoire
- In-Depth Anatomy Module
- Scope of Practice and Ethics
- Cues and Programming Module
- 5 Scheduled Mentorship Hours
- Teaching manuals
- Access to Studio7 to complete your hours at no charge with advance scheduling
- 15% off class packages and private sessions once you have paid your deposit (*5, 10, and 20 pack*)
- Access to private Slack channel for ongoing support

MAT AND REFORMER

- Mat, Reformer, and Magic Circle repertoire
- In-Depth Anatomy Module
- Scope of Practice and Ethics
- 3 Scheduled mentorship hours
- Teaching manuals
- Access to Studio7 to complete your hours at no charge with advance scheduling
- 15% off class packages and private sessions once you have paid your deposit (*5, 10, and 20 pack*)
- Access to private Slack channel for ongoing support

Scholarship Opportunities

COMMUNITY ENRICHMENT SCHOLARSHIP

Studio7 is committed to increasing diversity and inclusion within the Pilates community. We are offering scholarships for eligible applicants* for the Comprehensive Program. To be eligible, applicants must be BIPOC, members of the LGBTQ community, or a member of another community that is underrepresented in the Pilates space.

- THREE (3) \$2000 Scholarships offered, making the total \$4000
- \$500 non-refundable deposit is required to save your spot

BRIDGE SCHOLARSHIP

We are offering one bridge teacher scholarship for \$1500, making the total for the program \$4500; must have completed a full Comprehensive program with a NCPT eligible program.

- ONE (1) \$1500 Scholarship offered, making the total \$4500
- \$500 non-refundable deposit is required to save your spot

Scholarships are awarded on a first come, first served basis.

PAYMENT PLAN

- Community Enrichment Scholarship: \$600 monthly payment Sep, Oct, Nov, Dec, Jan, and Feb
- Bridge Scholarship: \$400 August, \$600 monthly payment Sept, Oct, Nov, Dec, Jan, and Feb
- Payment is due the 3rd of every month; a late fee of \$40 will be added after the 3rd
- Payments can be made via venmo, check, or credit card; 4% processing fee is added to CC transactions

Common FAQs

HOW LONG DOES THE PROGRAM TAKE?

The Comprehensive program takes approximately one year to complete the 500-hour certification. Many people complete it within 6 months if they have a more open schedule to accommodate self study hours, but every person is on their own schedule. Completing 5 hours per week will allow you to finish in about a year; anything more than that will make that timeline shorter. The important thing is that you DO NOT RUSH your training. It takes time to process all of the information; we encourage you to be patient with yourself and the learning process.

WHAT IF I'M WORKING TRADITIONAL CORPORATE HOURS? CAN I STILL DO THE PROGRAM?

Yes! Our program takes place on weekday evenings and weekends only so it is accessible for people with various schedules. You can work on your self study hours anytime you'd like, and we're here to support you and understand that may look different for everyone.

DO I NEED TO HAVE ANATOMY TRAINING PRIOR TO THE PROGRAM?

Nope! Our program covers the foundations of anatomy, we focus on functional movement and anatomy in a very applicable way. We understand it can be intimidating to learn something new but we promise you can do it. Your manual will include everything you need; we will discuss optional books for you to purchase, but your manuals are all-inclusive.

Common FAQs

DO I NEED TO HAVE TAKEN PILATES BEFORE GETTING MY CERTIFICATION?

Yes; we want to make sure you have a clear understanding of what you're about to learn to teach. You don't need to have extensive Pilates experience but we do ask for at least 10 sessions/classes prior to beginning. You can use the 15% Teacher Trainee discount once you've paid your deposit to start taking classes regularly; these hours cannot be counted towards your self-practice just yet, but it will make learning the material easier in the long run.

WHAT IF I HAVE A WEEKEND CONFLICT?

If you do have a conflict for one of the weekends we have the option for 1:1 with Jocelyn at a rate of \$100/hr. Email to let us know your date & weekend conflict and we can coordinate.

IS BEING HIRED AT STUDIO7 A GUARANTEE?

While completing THE LAB by Studio7 Pilates program does not guarantee you employment at Studio7 Pilates, we will say we tend to hire applicants directly from our program. Additionally, Jocelyn has cultivated relationships with studio owners in Kansas City and is happy to assist with job placement after you have received your certification. Our goal is to help you achieve a rewarding career as a Pilates Teacher once your program has concluded, and that will look different for everyone depending on their individual goals. We have big plans for the future of Studio7, so you never know what the schedule will look like a year from now!

After Training Concludes

Once we finish the in-person lectures, you will finish your remaining hours over the course of the next year; we will cover this in more detail after the first weekend. Every 25 hours of practice teaching, you will schedule an hour to teach one of the teaching staff at Studio7, where you will receive feedback and mentorship to ensure you are developing your voice and good teaching habits.

Once you have completed all of your hours, you will schedule your written and practical exams with Jocelyn. Upon passing both, you will receive your certificate and will have earned the title of Comprehensively Certified Pilates Teacher. We will help with job placement and provide references, and we can discuss job opportunities at Studio7.

Every 2 years, we ask you to complete 8 hours of continuing education credits (CEC's) to maintain an active certification with THE LAB. There are a variety of ways to complete continuing education through with THE LAB, Studio7 Pilates, and various other organizations. Upon graduation we provide you many continuing education opportunities so you know where to begin.

When you commit to The Lab training, we are also committing to be your mentors for not just the certification process but every moment thereafter. As you begin your journey into the teaching world you'll come across questions but may not know where to get answers. That's what we're here for - we'll make sure you have every resource you need to be a successful teacher!

SEE YOU IN TRAINING,

A handwritten signature in black ink that reads "Jocelyn Cohenauer". The script is fluid and cursive, with the first letters of each word being capitalized and prominent.

Thank you for your interest in
The LAB by Studio7 Pilates
Teacher Training Program.

Whether you are interested in
Teacher Training to further your
own knowledge of Pilates or to
share it with others, we would
love to be a part of your journey.

If you have any questions,
please send us an email, we're
here to help.

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