

# Balanced Body<sup>®</sup>

## Bridge Program Application

Balanced Body created the Bridge Program for Pilates professionals looking to complete their Pilates training program or to enhance their current level of education. The bridge program is appropriate for Pilates teachers who have taken but not completed

a Pilates instructor training program through a non-Balanced Body educator or have completed a Pilates instructor training program but want to become part of Balanced Body.

### PLEASE COMPLETE AND FORWARD TO THE ADDRESS ON THE BACK

#### CONTACT INFORMATION

Name \_\_\_\_\_ Title \_\_\_\_\_

Studio Affiliation \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State/Province, Zip/Postal Code \_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_

Fax \_\_\_\_\_

E-mail \_\_\_\_\_

#### I AM APPLYING FOR:

- \_\_\_\_\_ Mat Certificate of Completion  
 \_\_\_\_\_ Reformer Certificate of Completion (includes Mat)  
 \_\_\_\_\_ Comprehensive Certificate of Completion  
 (includes Mat, Reformer, Trap Table, Chair and Barrels)

#### PILATES EDUCATION HISTORY

Please send documentation for Pilates and anatomy courses taken along with your PMA certification number if applicable. Documentation for all courses must be included or your application will not be processed. Indicate course and practical hours in the grid that follows.

Course	Program Name	Tested out Y/N	Classroom Hours	Practical Hours	Total Hours
Mat					
Reformer					
Comprehensive					
Trap Table					
Chair					
Barrels					

PMA Certified? No \_\_\_\_\_ Yes \_\_\_\_\_ PMA# \_\_\_\_\_

Anatomy requirement met? No \_\_\_\_\_ Yes \_\_\_\_\_  
 (College level or 14-hour anatomy review course)

Please describe your anatomy coursework (include additional sheet if needed). \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Additional applicable training (Fitness certifications such as NASM, ACE or ASCM or professional licensure such as PT, MD, DC, ATC) \_\_\_\_\_

Number of years teaching Pilates \_\_\_\_\_

Hours per week \_\_\_\_\_  
 \_\_\_\_\_ Part time (<20 hours per week)  
 \_\_\_\_\_ Full time (>20 hours per week)

At which Balanced Body location will you take your bridging course (if known)? \_\_\_\_\_

For a complete list of Balanced Body host sites check out our Education Finder<sup>®</sup> at pilates.com.

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## COMPLETING YOUR APPLICATION

To process your application, please submit the following to Balanced Body in order to be considered for the Bridge program (incomplete applications will not be processed):

- \_\_\_\_\_ Completed application
- \_\_\_\_\_ Copies of your certificates of completion for Pilates and Anatomy or documentation of coursework completed
- \_\_\_\_\_ PMA certification documentation (if applicable)
- \_\_\_\_\_ Additional certificates or licensure (if applicable)
- \_\_\_\_\_ Payment of the Bridge Program application fee

## SEND ALL DOCUMENTS AND PAYMENT TO:

Balanced Body Education  
Attn: Bridge Program Coordinator  
8220 Ferguson Ave., Sacramento, CA 95828

Phone: 1-877-PILATES (745-2837) Fax: (916) 388-0609

Please allow at least 3 weeks for your application to be processed. You will be notified by email once your application has been processed. Please contact us if you have not heard from us within 3 weeks.

## PRICING AND PAYMENT

Balanced Body charges \$150.00 USD to process a Bridge request. Your card will not be charged if your application is not accepted.

Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ AMEX \_\_\_\_\_  
Card # \_\_\_\_\_  
Expiration date \_\_\_\_\_ Security Code \_\_\_\_\_  
Signature \_\_\_\_\_

By signing this form I authorize Balanced Body to charge my credit card \$150.00 USD once my application has been accepted.

## BALANCED BODY BRIDGE PROGRAM INFORMATION

### Why bridge to Balanced Body?

Teachers bridge over to Balanced Body for a wide variety of reasons including:

- » Being part of a renowned Pilates instructor training program. Our Balanced Body family of teachers represent quality, diversity and creativity within the Pilates community.

- » The ability to bridge into our Mat, Reformer or Comprehensive Pilates Instructor training program.
- » To take advantage of the widest array of continuing education conferences and courses available.

### Who can apply to the Bridge Program?

Any Pilates teacher or student who wants to complete or enhance their training through Balanced Body for example:

- » A Pilates teacher with an existing non-Balanced Body Pilates certificate of completion who wants to join the Balanced Body community.
- » A Pilates teacher who has started but not completed a non-Balanced Body Pilates teacher training program and who wants to complete their training through Balanced Body.
- » A Pilates teacher who has completed part of an instructor training program through a non-Balanced Body educator and wants to finish the process through Balanced Body.

### What will I have to do to bridge to Balanced Body?

Based on experience and certification goals, Balanced Body will customize a program to help you fill any gaps and obtain your goals. For someone who is already comprehensively trained, Balanced Body will minimally require you to take:

- » Mat 1,
- » Any Reformer module and
- » Any apparatus module

You will also need to purchase additional Balanced Body manuals based on your type of bridge and complete a practical test out. Once we receive your application, we will email you a customized course of study with your requirements for a successful bridge.

### What costs are involved?

The application fee is \$150 (US) regardless of the program. Once your program is designed, you will be given an estimate of the costs of completing the Bridge Program.

### Once I have successfully completed the Bridge Program, how do I keep my certificate current?

Balanced Body requires 16 hours of continuing education every 2 years. Credits can be earned by attending Pilates on Tour®, a Partner workshop, Passing the Torch™, a Balanced Body workshop, or by attending any reputable Pilates course through non-Balanced Body educators.

*Need more info? Call us at 1-877-PILATES (1-877-745-2837).*

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