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VINTAGE PILATES MASTER'S PROGRAM

THE WORK

OVERVIEW

THE WORK is an intense one to two-year graduate program for certified teachers who want to go beyond workshops, and truly understand how all the Pilates exercises and apparatus work together efficiently and effectively. Directed by first generation master instructor Jay Grimes and supervised by Sandy Shimoda, you will learn the complete repertoire of Pilates exercises and apparatus as taught to Jay Grimes by Joe Pilates.

This program will give you a deep understanding of Pilates as a cohesive system, and sharpen your ability to “see beyond the exercises” to better serve your clients. It is a comprehensive program of workshops, private lessons, small group classes, and Teachers Clubhouse™ sessions, which will expose you to the Vintage Pilates method and philosophy based on Joe Pilates’ intentions and techniques.

The program begins every January. Participants must pass their entrance assessment by the first week of November of the previous year. Please note: most participants spend a minimum of six months preparing for this assessment.

Diplomas are awarded upon completion of the program and at the discretion of Jay Grimes.



ENTRANCE REQUIREMENTS FOR *THE WORK*

1. Certificate of Completion from a comprehensive Pilates certification program
2. Minimum of two years of Pilates teaching experience
3. Passing the entrance assessment
4. Completion of the application for **THE WORK**

HOW *THE WORK* WORKS

THE WORK starts every January, and meets 4 times a year. Each Module covers an aspect of the Pilates repertoire. Modules must be taken in consecutive order. The entire program must be completed within two years to qualify for a diploma.

Module 1 - Every January	The Reformer
Module 2 - Every April	The Mat, Magic Circle, Foot Corrector, Toe Exerciser, Breath-a-cizer, Sandbag, 2 x 4
Module 3 - Every July/August	The Cadillac, Guillotine, Neck Stretcher and Swedish Bars
Module 4 - Every November	The Chairs, Barrels and Pedi-Pole

To complete each Module, participants take:

- The workshop sections
- 2 Private Lessons
- 4 VP Group Classes
- 4 Teacher's Clubhouses™ (1 can be taken either via Pilatesology.com. See details below.)

All the above components must be completed before participants are eligible for the assessments to get into the next Module. To participate in each Module, participants must pass an assessment at least one month prior to the workshop section.

In addition, participants are required to take the Movement Mechanics workshop. (More details below).



COMPONENTS OF THE WORK

Here's a breakdown of each component participants must complete in **THE WORK**.

THE WORKSHOP SECTIONS

This workshop series, taught by Jay Grimes, is an in-depth look into the apparatus used in the original studio. In each 12-hour workshop section, you will break down all the exercises on the apparatus, cover traditional spots and assists, and discuss and analyze the work.

One workshop section will be held per Module, for a total of four workshop sections. Unless otherwise noted, the workshops are held over two days (Saturday and Sunday), and last 12 hours total. The workshop topics are as follows:

Module 1: The Reformer

Module 2: The Mat, Matic Circle, Foot Corrector, Toe Exerciser, Breath-a-cizer, Sandbag, 2 x 4

Module 3: The Cadillac, Guillotine, Neck Stretcher and Swedish Bars

Module 4: The Chairs, Barrels and Pedi-Pole (This is a three-day, 18-hour workshop)

MOVEMENT MECHANICS

As well as the four workshop sections taught by Jay Grimes, participants are required to take one four hour "Movement Mechanics" workshop. You will learn how asymmetry, injury and postural tendencies affect the way a body moves. Armed with this knowledge, you can confidently select the most appropriate exercises for each of your students. You will have the opportunity to fine-tune your teaching skills in this workshop.

Movement Mechanics will be offered during Module 3, and take place on the Friday before the workshop section.

PRIVATE LESSONS

To complete each Module of **THE WORK**, participants must also take 2 Private Lessons. Participants may fulfill this requirement from any instructor on the Vintage Pilates staff. (All Vintage Pilates staff instructors are graduates of **THE WORK**). In these lessons, you will have the opportunity to work on your own body, delve deeper into what you learned in the workshops, and ask any specific questions related to teaching.



Please note: Due to high demand, Private Lessons with Sandy Shimoda and Senior Instructor Karen Frischmann are not guaranteed. Their lessons are offered at a higher rate than the Vintage Pilates staff. If you are able to schedule a Private Lesson with Sandy or Karen, there will be an additional fee of \$15 per lesson.

Also, any lessons with Jay Grimes are outside the program, and are not guaranteed. Jay has an extremely long wait list and openings are very rare. Please consult the front desk (info@vintagepilates.com) if you have any questions.

VP GROUP CLASSES

To complete each Module of **THE WORK**, participants must take 4 Vintage Pilates “VP” Group Classes. These classes are group classes the way Joe Pilates intended: small, intimate sessions, where you work on your own individualized program under the guidance of a Vintage Pilates instructor. You will have the opportunity to work on what’s important to you, receive corrections for your body and learn from the corrections made for your peers.

TEACHER’S CLUBHOUSE™

To complete each Module of **THE WORK**, participants must take 4 Teacher’s Clubhouses™. Teacher’s Clubhouse is designed to help you refine your skills, meet your Pilates community and ask any questions that may arise from the workshop sections. In this 1.5 hour class, you can share what you learned and talk with other teachers about exercise orders, spots, techniques or anything else Pilates related. The first hour will be a workout or warm-up and the second hour will be discussion, demonstration or practice.

To accommodate participants from out-of-town, we will schedule Teacher’s Clubhouses™ in the weeks before and after the Weekend Workshops. Please plan on attending at least three Teacher’s Clubhouses™ while you are in town. You can fulfill the fourth class with one of these two options:

1. Sign up for Pilatesology.com (fee for membership is \$19/month), view a Teacher’s Clubhouse, make an online comment, and send us an email about what you learned and how you applied that to your own workout. (Please send to info@vintagepilates.com).
2. Sign up and register to participate in a Teacher’s Clubhouse™ in the normal way, then contact us at info@vintagepilates.com to let us know you will be attending online. You must have web-connected device with a webcam and access to Skype or Facetime so that we can view your workout and you can participate in the discussion.



ASSESSMENTS

To gain entrance into **THE WORK**, participants must pass the Entrance Assessment.

Once in **THE WORK**, participants must pass assessments to gain entry into each subsequent Module of the program.

Vintage Pilates welcomes teachers certified in all styles of Pilates. We offer Private Lessons, Internet Private Lessons (for participants based out-of-town), VP Group Classes, Teacher's Clubhouses and videos on Pilatesology.com to help you learn the repertoire necessary to prepare you for the assessments.

Jay Grimes' workshops for **THE WORK** are not intended to teach the exercises, but enable participants to gain a deeper understanding of Joe Pilates' teachings as a whole. Before each section, we require all participants to pass an assessment of the workshop section material, so that you are familiar with, and have the physical ability to perform all the exercises Jay will present. This is a tough, performance-based program and we are looking for a very high level of proficiency in the assessments. We are looking for an understanding of the two-way stretch, the back connection, seat connection, a strong center and a facility with both the order and the exercises.

A list of required exercises for each assessment is included in this packet, and can be found on our "Teacher's" website (<http://teachers.vintagepilates.com/masters-program/#resources>).

Assessments are due at least one month prior to each Module's workshop section. We accept assessments in person or live, via the Internet (Skype).

Please note: admittance into one Module DOES NOT GURANTEE ADMITTANCE into the entire program.

You may be asked to wait out a section if the program supervisor and director feel it would benefit your learning to take the program at a slower pace or if they do not see the changes or understanding needed to move on. If a section is missed, you will pick up the remainder of the program the following year.

COMPLETION

In order to complete **THE WORK** and receive a diploma, all components of the program must be completed and you must pass a FINAL ASSESSMENT with Jay Grimes. All requirements must be completed within 2 years.



PRICING

THE WORK is priced per Module. This includes workshops, lessons, classes and Teacher's Clubhouses™. Assessment fees are due at the time of the assessment. Within two weeks of acceptance into each Module (passing the assessment), all remaining section fees will be due.

EACH MODULE'S PROGRAM PACKAGE INCLUDES

1 Workshop section	\$650 ⁰⁰
2 Private Lessons	\$170 ⁰⁰
4 VP Group Classes	\$200 ⁰⁰
4 Teacher's Clubhouses™	\$200 ⁰⁰
Assessment	\$160 ⁰⁰
Administration Fee	\$75 ⁰⁰

TOTAL BASE PRICING FOR EACH Module: \$1455⁰⁰

ADDITIONAL ONE-TIME FEES

Movement Mechanics Workshop (offered during Module 3)	\$250 ⁰⁰
Final Assessment with Jay Grimes (taken at the end of the program)	\$150 ⁰⁰

THE WORK PROGRAM FEE

Upon completion of THE WORK, the minimum total cost of the program will be \$6220⁰⁰

Please note:

- Additional lessons, classes, Teacher's Clubhouses™ and assessments may be required in order to complete the program and receive a diploma.
- Private Lessons with Sandy Shimoda and/or Senior Instructor Karen Frischmann are at a higher rate. An additional fee of \$15/lesson will be charged. Due to high demand, Private Lessons with Sandy and/or Karen are not guaranteed.
- Any lessons with Jay Grimes are outside the program, are not guaranteed, and do not count toward program requirements.



SUMMARY OF POLICIES

ADMISSION

- Each section of **THE WORK** requires a separate assessment.
- Assessments for out-of-town participants may be done via Skype.
- Assessments into each Module must be completed at least one month prior to the start of that section's workshop . Please make your assessment appointments as soon as possible to ensure appointment availability.
- Participants may be required to take more than one assessment per section.

COMPLETION

- Participants are responsible for booking their own program (workshop, private lessons, VP classes, Teacher's Clubhouses and assessments). Sessions fill up quickly, so it is recommended that while participants are in the studio for each Module, they secure their program for the following Module.
- All requirements must be completed within 2 years.
- Participants must pass a final assessment with Jay Grimes
- All participants must take the Movement Mechanics workshop (offered during Module 3)

PAYMENTS AND CANCELATIONS

- Payment for each Module is due in full two weeks after passing the assessment
- Due to the limited nature of the workshop, the following cancellation fes will apply:

30+	Days	10% of Final Workshop fee
15-29	Days	25% of Final Workshop fee
7-14	Days	50% of Final Workshop fee
0-7	Days	100% of Final Workshop fee

I have read and understand all the policies and statements in the **VINTAGE PILATES TEACHER'S PROGRAM** packet.

Name _____ Date _____



APPLICATION FOR *THE WORK*

CONTACT INFORMATION

Name_____

Email address_____

Address_____

Telephone_____

PILATES CERTIFICATION AND TRAINING

Organization_____

Date Certified_____

Additional workshops or training_____



APPLICATION FOR THE WORK

EMPLOYMENT HISTORY

(Please complete or attach a resume to application)

Studio _____ Dates of employment _____

Studio _____ Dates of employment _____

Studio _____ Dates of employment _____

APPARATUS CHECK

(Please check the apparatus that you have learned through your certification and are familiar with teaching)

____ wunda chair

____ baby chair

____ electric chair

____ pedipole

____ guillotine

____ sandbag

____ breath-a-sizer

____ toe exerciser

____ 2 x 4

____ spine corrector

____ foot corrector

____ magic circle

____ wall exercises

____ neck exerciser

____ swedish bars