



PLAY PILATES

Complete Teacher Training & Teacher Training by Modules

www.playpilates.ch

Chemin des Saules 4B, 1260 Nyon



A comprehensive and immersive training program.

The Play Pilates teacher training program is an intensive program open to everyone, whether you are changing careers or already working in the field of movement.

You will discover an in-depth study of all the fundamentals of the classic equipment developed by Joseph Pilates with our system of Modules: Reformer, Matwork, Tower & Chair.

Over the required immersive weekends, you will learn how to perform the exercises, their logic, how they fit into the overall system, and how to adapt them to different audiences.

At the end of the training, you will be able to:

- Structure and teach group classes at all levels
- Know how to use all the features of the Reformer, and/or Matwork, and/or Wunda Chair & Tower & other.
- Adapt exercises to common injuries and physical limitations
- Understand the fundamentals of anatomy as it applies to movement
- Integrate the logic of the classical Pilates system into your teaching
- Create consistent, progressive, and safe classes.

Why Choose Our Teacher Training?

- Go beyond repertoire and cueing — **understand the how and why** behind every exercise.
- **Learn by doing** — build skill and confidence through practice, not just theory.
- Develop **teaching skills that are immediately applicable** in real classes.
- Learn how to **adapt for special populations and individual needs** with confidence.
- Understand how to **construct a class** — whether group or private — with flow, purpose, and progression.
- Cultivate the ability to **see, think, and teach like an experienced instructor**, not just follow choreography.

Why choose PlayPilates?

Play Pilates was the first Pilates studio to open in the Nyon region in 2008.

A pioneer in French-speaking Switzerland, our studio has continued to grow steadily for over 18 years.

Drawing on this experience, we have designed a training program based on experimentation, real-world practice, and personal support. Beyond the weeks of training, you will benefit from a rich post-training mentoring program and join a community of caring and committed teachers.

The trainers are also certified in "Rehabilitation Pilates," which will allow you to feel comfortable with clients who have "minor physical issues" in group classes.

Who is this training for?

- Anyone passionate about movement
- Health or sports professionals who want to incorporate classical Pilates into their practice
- Anyone who wants to make teaching Pilates a structured and sustainable career.
- Anyone who wants to develop their personal practice without teaching.



Admission requirements:

- A letter of motivation to understand your motivation followed by a preliminary individual interview
 - Regular Pilates practice is an asset
 - Classes to be taken before the start of the course: at the least 2 private + 4 group classes (deducted from the hourly package).
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Dates of the Modules in 2026 (Friday & Saturday & Sunday):

Module 1

Reformer February 27 + 28 + March 1 (15hrs)

Reformer March 13 + 14 + 15 (15hrs)

Module 2

Matwork March 28 + 29 (10hrs)

Matwork April 18 + 19 (10hrs)

Module 3

Tower & Chair & Other May 1 + 2 + 3 (15hrs)

Tower & Chair & Other May 22 + 23 (10hrs)

Total hours per Training Modules:

Reformer total number of hours is 80hrs, as follows:

- 30 hours of in-studio training spread over 2 weekends (3 days)
- 15 hours of group class participation
- 8 hours of private sessions with a PlayPilates trainer
- 10 hours of personal Pilates practice (and self-study: anatomy, etc.)
- 10 hours of class observation
- 7 hours of classes given to real clients, paid at a rate of CHF 28.00.
- 1 final written + practical exam

Price of Module 1 Reformer: CHF 2,100.00

Matwork total number of hours is 48hrs, as follows:

- 20 hours of in-studio training spread over 2 weekends (2 days)
- 5 hours of private sessions with a PlayPilates trainer
- 6 hours of personal Pilates practice (and self-study: anatomy, etc.)
- 6 hours of class observation
- 4 hours of classes given to real clients, paid at a rate of CHF 28.00.
- 7 hours of online mentoring for group classes
- 1 final written + practical exam

Price of Module 2 Matwork: CHF 1,200.00

Tower & Chair total number hours is 72hrs, as follows:

- 25 hours of in-studio training spread over 2 weekends (3 days)
- 12 hours of group class participation
- 7 hours of private sessions with a PlayPilates trainer
- 9 hours of personal Pilates practice (and self-study: anatomy, etc.)
- 9 hours of class observation
- 6 hours of classes given to real clients, paid at a rate of CHF 28.00.
- 1 final written + practical exam

Price of Module 3 Tower & Chair: CHF 1,900.00



Paielement :

Via our website: <https://playpilates.ch/en/teacher-training/>
Via our Playpilates App.

Bank wire: IBAN CH45 0024 0240 7521 4829 F

If you need a settlement plan, please contact us to discuss it: info@playpilates.ch / 079.2528142 .

Active mentoring

This is what sets us apart: at Play Pilates, you don't become a good teacher by sitting and listening. From the second weekend onwards, you will start teaching under supervision.

Because it is through teaching that skills are developed.

The in-studio intensive weekends: practice and theory overlap; our goal is to enable you to start teaching immediately.

The Observations: The PlayPilates studio is at your disposal to observe certified teachers giving lessons on all of the Pilates apparatus.

The Personal practice: Important moments to develop your own Pilates practice, test and put into practice the tools you have learned together in training or observation.

The Private and group classes: Why these sessions? Because the better student you are, the better teacher you will be.

The Mentoring: Additional opportunities to ask questions and share with other students and your trainers.

Registration & information:

Call us to discuss and find out more or to register - Contact Karine:

- 079.2528142
 - info@playpilates.ch
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