



Class Levels

WHEN AM I READY FOR THE NEXT LEVEL?

At every level our instructors will evaluate you on aspects of the following categories:

1. **Understanding of Pilates principles: breath, alignment, concentration, control, precision, centering, and flow.**
2. **Physical mastery of the choreography of each exercise and transitions between exercises.**
3. **Safety: managing the mechanics of the equipment and modifying for injuries or physical conditions**

At each progressive level we assume you have mastered the skills and concepts of the level before. At each ascending level we assume an equally ascending breadth of curriculum knowledge.

Level 2

(3-6 WEEKS OF CONTINUOUS PRACTICE)

Before moving from Level 1 to Level 2, we want to know that you have a beginning understanding of Pilates principles and vocabulary, and can demonstrate understanding of the following concepts: core and breath awareness, imprint/neutral pelvis, and shoulder girdle stability through the following exercises:

Articulated Bridge

Curl Up

Serratus Push Up

Dart

Balance Point & Imprint

Reformer Footwork

Feet in Straps

Transitions

Level 3

(AFTER 4-12 MONTHS OF CONTINUOUS PRACTICE)

Before moving from Level 2 to Level 3, we want to know that you understand the difference between neutral spine and pelvis versus imprint and c-curve in a variety of exercises. At this point, you should recognize the names of a wide curriculum of exercises and can execute them clearly, work at a faster pace and instantly correct form. You will need to be able to demonstrate the following:

Neutral Bridge Progression **Long Box—Pull Straps**
Basic Plank **Stomach Series**
Roll Down w/ Roll Down Bar
Teaser w/ Push Through Bar
Knee Stretches (round, flat)
Short Box (Round & Flat Back, Side Sit-up)

Level 4

(12+ MONTHS OF CONTINUOUS LEVEL 3 PRACTICE)

A minimum of one year at Level 3, no injuries or major conditions, and clearly demonstrate all Pilates principles through the following:

Roll Up **Down Stretch**
Roll Over **Up Stretch**
Short Box—Twist on Hip **Plank Challenge**
Long Box—Teaser w/ Straps
Knee Stretches—Knees off

LEVEL 4 IS NOT SUITABLE FOR MOST CLIENTS