



Instructor Training Center

APPLICATION

1135 E. 38th Street
Tulsa, OK 74105
918-744-9499 | www.totalpilatesstudio.com

Contact Information

Full Name: _____

Email: _____

Phone: _____

Address: _____

Previous Teaching Experience & Training

Types of teaching experience: (If applicable)*

Workshops, Certifications and/or Training (If applicable)*

*Not required for admission.

Please describe your personal Pilates practice.

How many years, frequency, types of sessions, etc.

I have experience with the following Pilates Apparatus: (Check all that apply.)

- | | | | |
|---------------------------------------|---|---|--------------------------------|
| <input type="checkbox"/> Mat | <input type="checkbox"/> Reformer | <input type="checkbox"/> Cadillac/Trapeze Table | |
| <input type="checkbox"/> Wunda Chair | <input type="checkbox"/> Ladder Barrel | <input type="checkbox"/> Spine Corrector/Arc | |
| <input type="checkbox"/> Magic Circle | <input type="checkbox"/> Foot Corrector | <input type="checkbox"/> Ped-O-Pull | <input type="checkbox"/> Tower |

Other: _____

Which training modules do you plan to complete?

- Mat I & Mat II
- Reformer I, II & III
- Cadillac/Tower I & II
- Wunda Chair
- Small Apparatus
- Comprehensive Pilates Training (all modules)
- Electives (optional)

Please tell us why you are interested in the Total Pilates Instructor Training Program, and what you plan to do after you have completed your training.

Thank you for completing our application. Please scan and email to clientservices@totalpilatesstudio.com or mail to Total Pilates Instructor Training Center, 1135 E. 38th St., Tulsa, OK, 74105