



Pilates Instructor Mentor Program Application Form

Name _____

Address: _____

Telephone AM: _____

PM: _____

Email address:

How long have you been practicing Pilates?

Where have you studied Pilates?

Where and when did you complete your teacher training program?

How long have you been teaching Pilates?

Why are you interested in participating in the Pilates Instructor Mentor Program at Excel?

How do you envision the Pilates Instructor Mentor Program at Excel assisting you in reaching your teaching goals?

At which studio location would you anticipate completing the mentor program, Excel Pilates DC, Excel Pilates Annapolis, Excel Pilates Northern Virginia, or all three?

What days/hours are you envisioning participating in the mentor program?

To Apply

Submit this completed form along with a \$80 non-refundable application fee (check made payable to Excel Pilates DC) to the following address:

Excel Pilates DC
3407 8th St NE
Washington, DC 20017

You will receive a confirmation call that your registration materials were received. Upon approval of application, an evaluation session will be scheduled. A \$80 non-refundable evaluation fee applies. The evaluation session and interview will determine acceptance into the program. Acceptance into the Pilates Instructor Mentor Program at Excel is based on, but not limited to, the completion of a classical comprehensive Pilates teacher training program, level of skill and physical integration of the Pilates Method, overall knowledge of the Pilates Method, and professionalism.