



The Mat Training Course

2025 Course Guide



WELCOME

At Core Pilates NYC, we believe that being a Pilates instructor is the best career imaginable. Which is why we're so delighted you're here. Whether you're looking for a life-changing career, a passion-fuelled side hustle or an opportunity to dive into a movement practice you adore, you're in the right place.

We've been running trainings for over 25 years now, and have trained some of the most respected and in-demand Pilates instructors in NYC and across the globe. Will you be next? We certainly hope so.

But you know what they say about epic journeys: they all start with one step. Let's take that step together.



Let's get
started

Why become a classical mat instructor?

Adaptable, transportable
(global nomad anyone?)

Freedom from an office

Inspiration from helping others

Endless opportunities as an
entrepreneur

Lucrative as full time or side
hustle

Friendships and community

Off of a computer

A coveted foundation that can
apply in any studio, gym or
contemporary Pilates studios.

The best first step toward full
apparatus certification





To be an incredible
Mat Pilates teacher
does not mean being
the best at Pilates.

It means delivering an exceptional class or session to each client, every time. It's ok if some of your clients can Teaser better than you! You'll learn how to TEACH with your words and direction. We help you uncover your own unique teaching magic.

When you combine that magic with fundamentals learned from our experts, you're ready to soar.



Why train at Core?

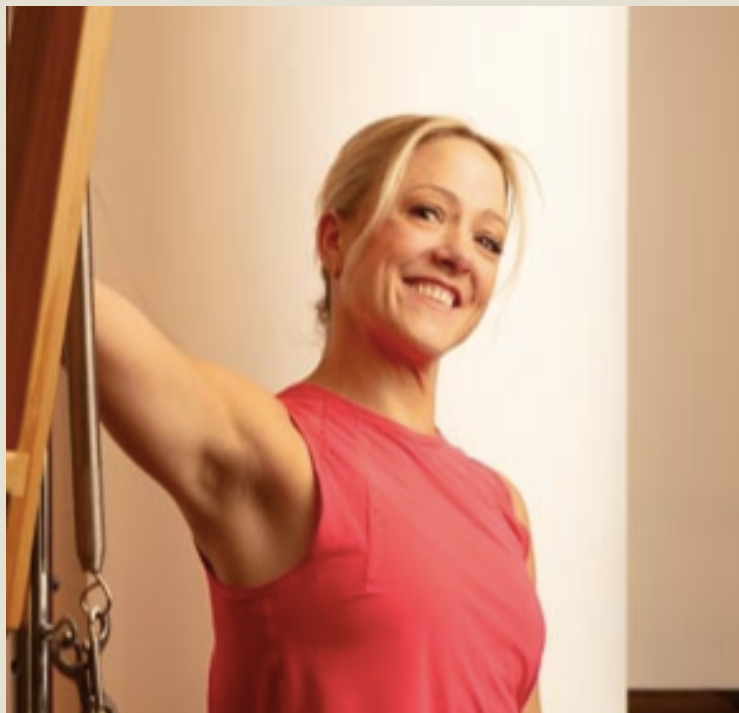
Growing teachers since 2002

Learn from the **best** in the business

Put simply, when you train with Core, you learn from the best.

We have been running studios and Teacher Training programs for over TWO DECADES. When you train with Core, you're being taught by the best the industry has to offer. With hundreds of years of experience combined, your faculty team know exactly how to guide you into uncovering your inner teacher and what makes you YOU. We teach you how to harness your creativity and coach you on how you can stand out in this competitive industry.





CARRIE CAMPBELL
LEAD FACULTY



NIKKI HUNG
FACULTY



NADIA DUNCAN
FACULTY



JENN LANCASTER
FACULTY



AMANDA VANDAVENTER
FACULTY



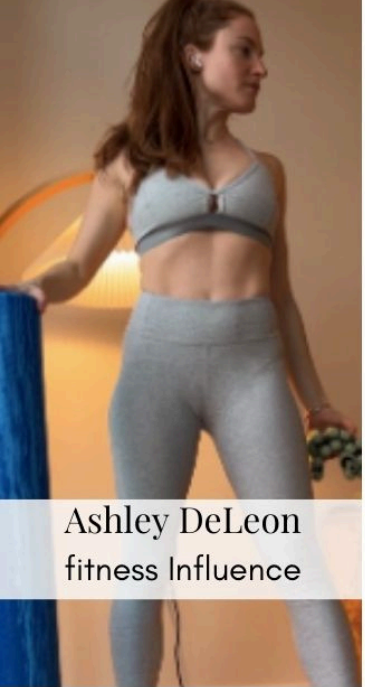
MICHELLE BRADSHAW
FACULTY



SKY SPALLONE
FACULTY



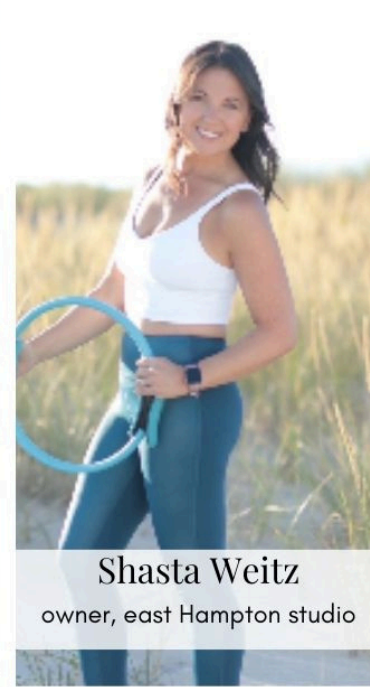
BIANCA SOTO
FACULTY



Ashley DeLeon
fitness Influence



Amanda Duckstein
Hamptons studio owner



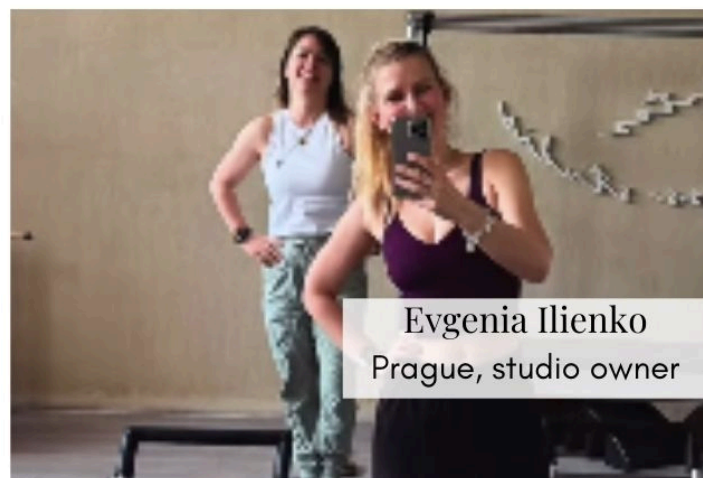
Shasta Weitz
owner, east Hampton studio



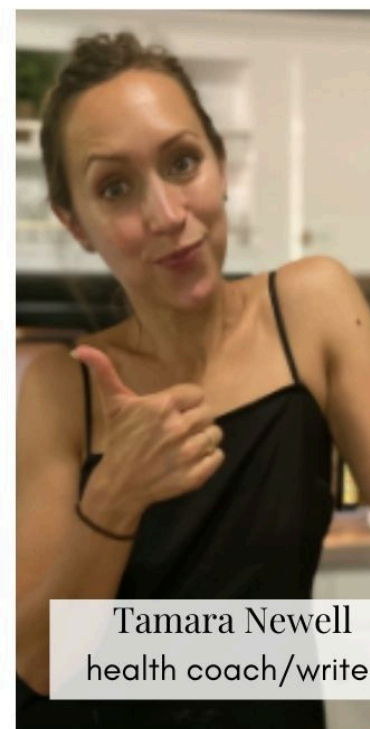
Orit Gonen
Tel Aviv, studio owner



Allie Lochary
Charlotte NC studio owner



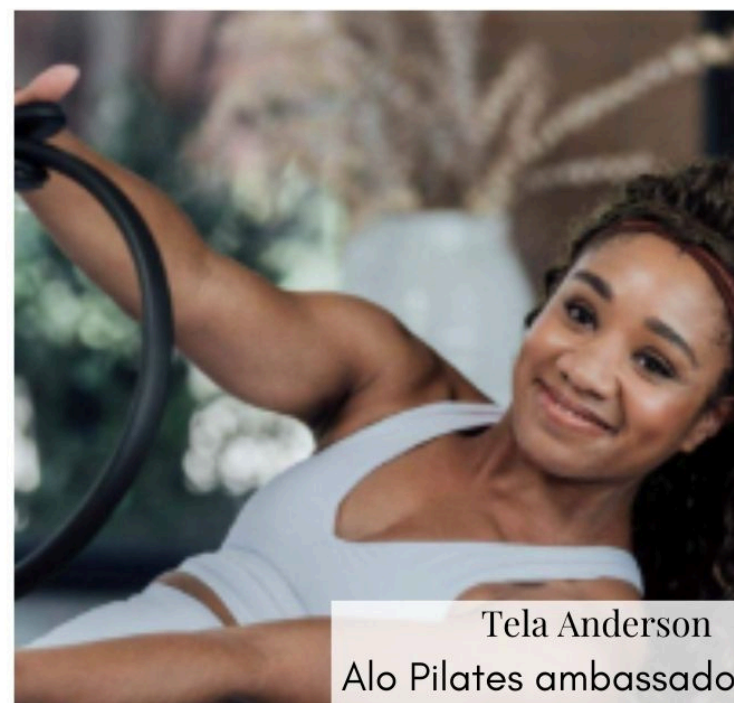
Evgenia Ilienکو
Prague, studio owner



Tamara Newell
health coach/writer



Shing Yiing Ong
NYC studio owner



Tela Anderson
Alo Pilates ambassador

Join our global community

Graduates from the Core Pilates NYC program tell us:

"I felt very prepared to teach even after the very last day of the course ."

"They throw you in head first – but in the best way."

"It was surprising how confident I felt during my auditions at studios and getting work right away."

From Prague to Brooklyn; from to London to LA, our graduates make up the best type of global family – one made up exclusively of common passion and support.

When you join that family, you're part of the fabric from day one. Support, friendship, opportunities and inspiration – that's our bread and butter.



Learn in a style that suits you

Joining us in person from our HQ in New York City for an intense 4 days, 24 hours of training? Amazing.

Not in NYC but want to join us in real time. Join us virtually through Zoom. It really works!

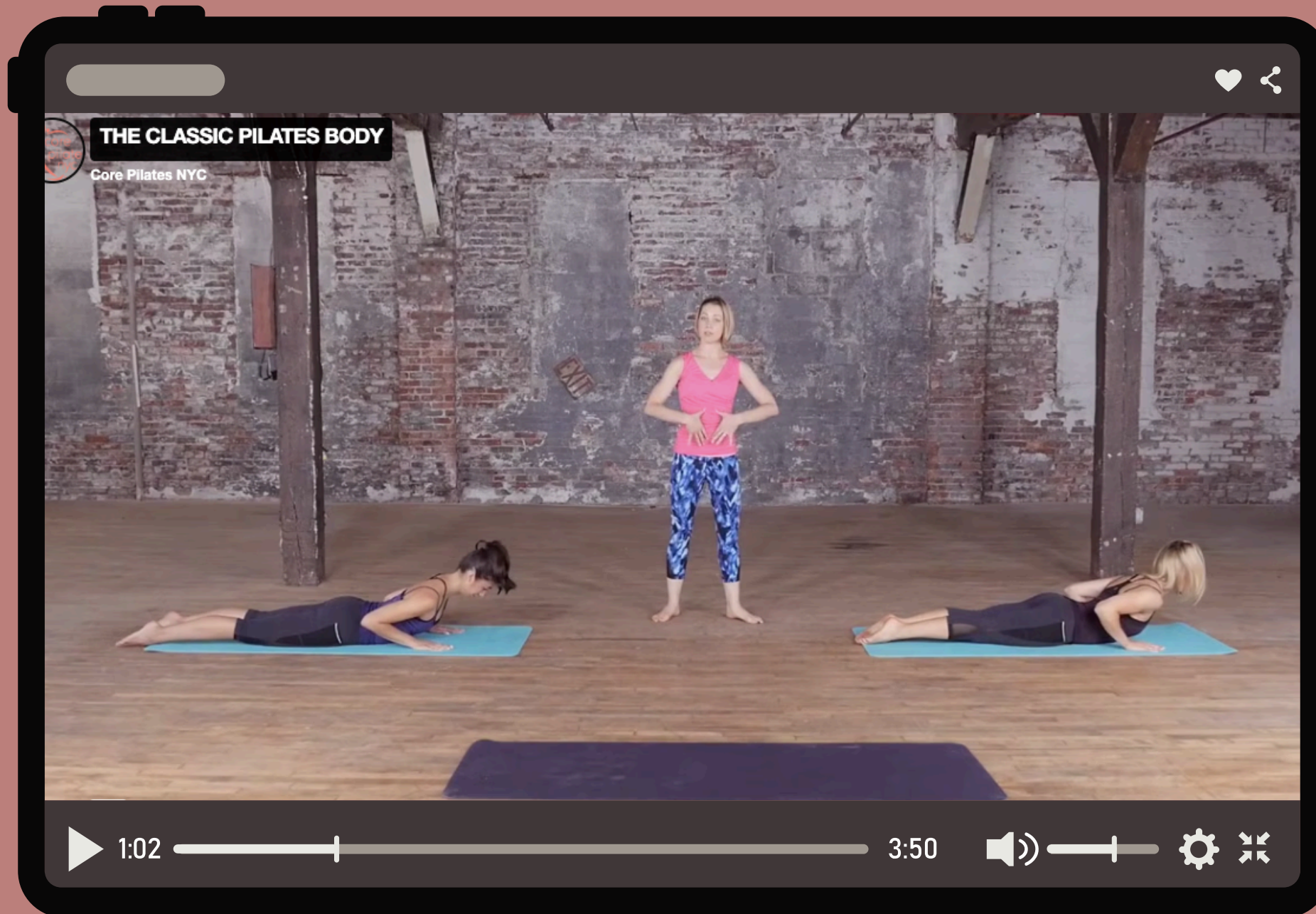
Prefer to go at your own pace? We will soon be launching our 100% online certification. Be sure to express your interest in our online Mat Training Course so you can be the first to enroll and receive inaugural perks!

education@corepilatesnyc.com

Train in the Core Pilates NYC *style*



Take a peek at our style



We started Core Pilates NYC in 2002 and since then we have evolved to become one of the most recognized teacher training programs for classical Pilates. Why? Because of trainees just like you who have gone on to be leaders in their own right.

Our mission today is to empower, inspire and educate the next generation of instructors and studio owners. This means we never sit still; continually evolving and improving our trainings so they remain the best in the business. One thing that never changes? The CPNC style. It's the flowing, seamless, dynamic style that sees clients coming back for more. And it all comes from the way we train you to design and lead your classes. We can't take too much credit though as we are merely messengers of Joseph Pilates' original work. But we think we've added some good spice to the recipe in how we deliver the learning experience. What we're most passionate about is making classes feel incredible; injected with all your individual magic. That is the Core way. And that's precisely what you'll be taking into your own packed-out classes.

Lifelong support

From the moment you inquire with us, right through to when you're an established teacher, and every moment in between, you're a member of the Core Pilates NYC family.

This means access to our team and our community throughout your course and career. It also means support in applying for jobs at studios or gyms, industry connections and continued education opportunities. Tailoring programs and building in support for all the unique career paths that present themselves for you is our love language. Our grad Facebook group has over 1,000 active pros, and we are always a phone call or email away.



Course structure at a glance

2 Levels. One Course.

The Mat Training Course includes Beginner and Intermediate levels. You'll become fluent in teaching the full sequence for both levels, and all the tried and true CPNYC modifications to challenge or simplify each exercise according to varying fitness levels or common injuries.

Pre-Course

A week before we meet in person you'll dive into the world of classical Mat by logging into your CPNYC Mat Training Course learning platform online. Our precourse is an online self-paced study moderated by a CPNYC faculty member. You'll have a week to cozy up with and be saturated with instructional videos, manuals, interactive discussions and quizzes. Self-paced to show up on day one super prepared.

Weekend 1

Get ready. Walk in. Stand up and teach. It happens that quickly. We throw you in to knock the nerves out the park so you are clear and present. The group begins to understand the fundamentals and principles of the Method and of teaching the Method. Differentiating technique versus cueing when teaching and then understanding the beginner level mat exercises and its role for what's to come.

Course structure at a glance

Week In Between: Apprenticeship

Between the two weekends we encourage you to apprentice! Take Mat classes in studio or online or opt to login and observe our online Mat classes while they are happening live. Get fully exposed to how our faculty cues, flows, creates and masters a full classical Mat class. And study, study, study.

Weekend 2: Intermediate Level Learning

What a difference a week makes. We come together again to introduce and practice the Intermediate level mat sequence. Emphasis on class structure and the “whys” of the order are discussed.

Assessment & Certificate

On the last day of weekend 2 the group will participate in assessment drills where faculty will observe that you've got a solid grasp on technique, cueing, orders, flow and timing. You'll receive the CPNYC Certificate of Completion within a week and you can begin teaching!



What you get

- Self-study Precourse module so you are fully prepared on day 1.
- Access to the online portal video and manuals, reference exercise videos and anatomy videos.
- Beginner AND Intermediate level classical mat exercises
- 24 hours of live presentations over 2 full weekends
- Observation to online Mat classes live
- Cueing guidelines & classical sequencing for 45 – 60 minute classes
- Anatomy fundamentals module within our online learning platform
- Professional tools and guidance for post-course job acquisition
- Exams and assessment included (retest incurs fee)
- 50% off of all online and in studio mat classes during the month of your training
- Weekly office hours via zoom to pop in with questions your first month
- Mentor call with CPNYC faculty
- Community in lifetime access to Facebook group
- ACE & NASM credits (3.4 ACE, 3.2 NASM)



Rounding you out

Trust us when we say that learning beginner and intermediate Mat levels will take you far and keep you teaching for a long, long time. Rare is it that you have a client or class at the advanced level.

But we always want to keep you growing and challenged as a teacher which is why we offer a separate short course twice a year. Enter The Advanced Mat Training Course. Kneeling side kicks anyone? Boomerang? One day and a few hours and BOOM your arsenal increases just like that!

We love the idea of sending you out into the world and having you come back to deepen your knowledge. Be sure to inquire and check your inboxes for upcoming dates so you can truly round out your classical Mat teacher training.



How to
choose
your
course?

100% ONLINE

**COMING
SUMMER
2025 (we can't wait!)**

Express your interest and be the first to know about our launch and inaugural discounts. [Contact us!](#)

IN-PERSON

- Immersive training experience at our studio hub in NYC.
- Join us in real time or through Zoom virtually from wherever you are for instruction, questions and answers with our expert faculty.
- Connect with like-minded people in person and create lifelong friendships.
- Hands-on learning of classical Mat repertoire, sequencing, and HOW to teach it.



In-person Course requirements

- You are required to be present for 24 hours of at-the-studio instruction (or join us virtually in real time)
- **Prerequisite:** We highly encourage having at least 10 classical Pilates classes under your belt either at our studio or a similar studio.
- Login and complete the online self-study precourse before day 1 in person.
- Be fully present and prepared on the last day of the course for group drills that will include individual assessment and test out.
- Following this, you'll receive pass/retest feedback and your certificate of training.
- You as a world-class Pilates teacher: coming right up



Let's talk
pricing

In-person Mat Training Course

EARLY BIRD PRICING

\$1,000

Available for enrollments up to 2 months before the course begins

UP FRONT PAYMENT

\$1,150

Available for enrollments up to 2 months before the course begins



Who do
CPNYC
graduates
become?

Fitness Influencer

Ashley DeLeon

Virtual studio & membership. 343k followers

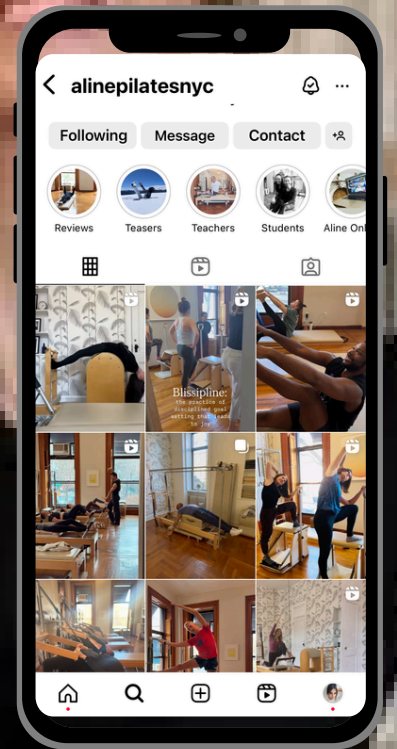
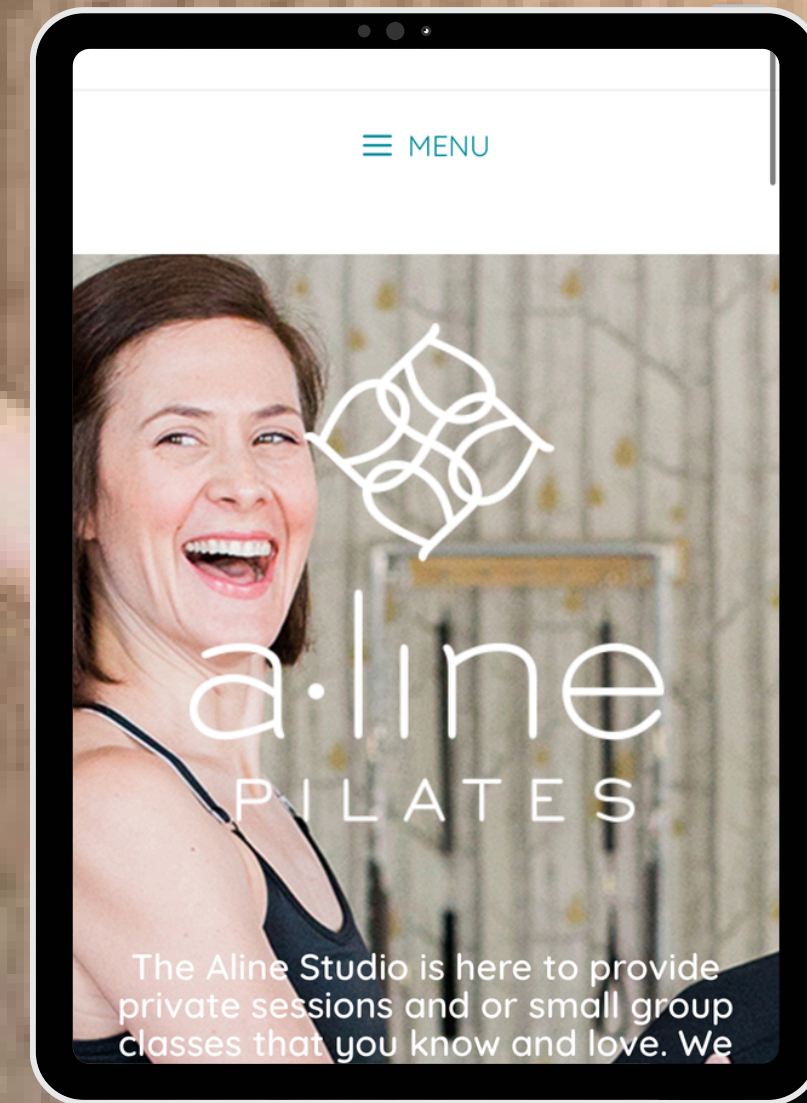
Now one of the most successful influencers on Instagram for Pilates and movement, Ashley started as an apprentice in our teacher training program in 2005 and later became a teacher trainer. She opened her own studio for 9 years and then during the pandemic took her talents online and created a hugely popular and lucrative online membership. Between that and many sponsorships and partnerships, Ashley is a stellar example of the huge potential taking the classical training and expanding on it into the virtual space can be.

Ashley DeLeon

Studio Owners

Carey Macaleer Aline Pilates, Brooklyn, NYC

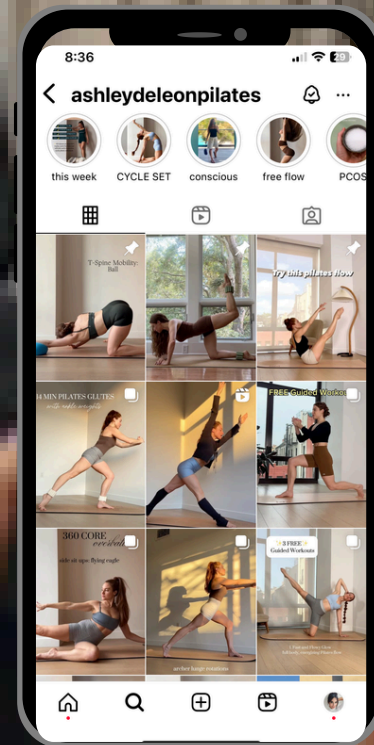
We love healthy competition and there is no other studio that our grads love to teach at as much as Core and it's Carey's Aline studio located in Brooklyn. Classically trained dancer turned Pilates instructor out of Core's program, Carey's passion for helping clients improve their bodies and lives through Pilates has helped her establish an extensive and diverse international clientele that includes men, women, seniors, teenagers, expectant and new moms, as well as celebrities and professional athletes. In addition to teaching in New York for 12 years, as an expat, she taught in Hong Kong and most recently London.



Carey Macaleer

In Demand Instructors

Frank Howell



Frank Howell

Corporate warrior offsetting Wall Street through Pilates. Frank began doing Pilates over 20 years ago with an aim to stay fit, sane, and young forever (well...its worth a shot). He began teaching in 2019 after completing his comprehensive certification here at Core Pilates NYC. Frank's classes are classical in structure and approach, and he believes Pilates should be fun as well as a good workout. Like many of us, he spends most of his workday sitting at a computer, so when he gets into the studio he loves to help people offset that reality through Pilates.

Testimonials from some of our grads



VIRTUAL MAT TRAINING
COURSE CERTIFIED

SAMANTHA



VIRTUAL MAT TRAINING
COURSE CERTIFIED

DELIA



VIRTUAL MAT TRAINING
COURSE CERTIFIED

ELIZABETH



Meet your expert faculty



Carrie Campbell Lead faculty

With over 20 years of teaching experience, Carrie Campbell, PMA® CPT, has been featured in several Pilates DVD's, training manuals and has been written up in Womens Health, Fitness Magazine, Us Weekly, Quest, and Allure and has appeared on Good Morning America, The Today Show and the WB news.

Formerly a professional ballet dancer, Carrie was introduced to Pilates in 1992 as part of her physical therapy to help her rehabilitate chronic dance injuries. She has studied with master teachers such as Bob Leikens, Susan Moran, Phoebe Higgins, Romana Kryzanowska, Alycea Ungaro and Ron Fletcher. She was comprehensively certified in both mat and apparatus through Power Pilates NYC in 1998. She graduated Magna Cum Laude from Hunter College with a degree in Psychology and Biology in 2000. She has studied anatomy, injury rehabilitation and pre and postnatal fitness in great depth. She is also certified by Beyond Barre®, Healthy Moms®, Bella Bellies®, and American Council on Exercise® and has infant, child and adult CPR/First Aid certifications. Before joining Core as lead teacher trainer, Carrie taught teacher training and continuing education workshops across the U.S. and internationally for Power Pilates.



Jennifer Lancaster Senior faculty

You can say Core raised Jenn in her Pilates career – first as a student in our Mat Training Course, then as an apprentice in our Comprehensive years later, becoming one of our most loved instructors and then serving as our Director of Education for 5 years. Now she is rocking Westchester as an entrepreneur, founder and owner of her own studio, Pilates Solution since 2023. Jennifer is a trained dancer, dance teacher, and studied at The Boston Conservatory to receive her BFA in Dance performance before moving to NYC after graduation in 2008. She fell in love with Pilates soon after moving to the city where she discovered how beneficial it was to her dance career and the overall wellness and strength of her body. Jennifer continued her studies deepening her knowledge within pre/postnatal Pilates, the Advanced Work on the Mat and Reformer/Cadillac.

“I feel so honored to have been a part of so many people’s journey into the world of teaching classical Pilates as a director and now faculty at Core.”

She believes Pilates is for EVERY body type and instills confidence in those who work with her.

Meet your expert faculty



Nikki Hung Senior faculty

From Core client to instructor, Nikki was certified through Core's Comprehensive Program after one of her favorite instructors suggested she enroll. She was fortunate to join the teaching staff and upon graduating in 2018, and later becoming part of the faculty team. She has been at Core ever since.

Nikki discovered Pilates while searching for a fitness modality that would complement her weight lifting background. She quickly realized the benefits of classical Pilates—both as a standalone exercise and in combination with other types of fitness—and continues to incorporate cross-training in her own routine and teaching. Nikki loves helping clients and new teachers improve their strength and confidence, no matter their fitness level or experience.

Before finding her way to Pilates, Nikki worked in diverse fields including publishing, event management, and museums. She graduated from NYU Tisch School of the Arts with a BFA in Film & Television Production and English Literature.



Amanda Vandaventer Senior faculty

A self-proclaimed science nerd turned Pilates fanatic, our dear Amanda has been part of the Core family for almost a decade now. After graduating from Georgetown University and on a path filled with doctors, labs and science she felt something was amiss. Always into movement and fitness, Amanda loved her Pilates practice and her instructor, a Core grad, recommended she begin at the Core studio and to see if teaching might be what she's been looking for. She enrolled, excelled, loved her new career and soared from there, becoming the Pilates coordinator at Equinox and having full teaching shifts. Always a Core client and connected to the studio, Amanda transitioned into management at the studio, becoming the Director of Education. She is currently part of our faculty and works closely with new teachers, mentoring them through their first year.

Meet your expert faculty



Michelle Bradshaw Faculty

Michelle grew up as a dancer and discovered Pilates as a complement to her dance training. After graduating college, she continued her Pilates practice through classes at Core, which helped in her decision to shift into a fitness career. She first pursued a personal training certification through ACE and worked as a personal trainer with Equinox for many years, before eventually returning to her first love and becoming a comprehensively-certified Pilates instructor through Equinox.

Michelle approaches her Pilates instruction with a deep appreciation for the classical system and a curiosity for modern applications. She has experience in multiple movement modalities and brings that knowledge to her teaching. Michelle continues to educate herself on the body and the optimal ways in which to move it, which will always keep her coming back to Pilates.

Joining the Core Pilates NYC staff and faculty has been a full circle moment for Michelle, having originally started her consistent Pilates practice with the studio. She loves the energy of the instructors, students, and apprentices here and is always excited to contribute to that!



Nadia Duncan Faculty

Nadia completed her 600-hour comprehensive Pilates certification through Core's training program in 2021. She immediately began teaching Pilates on a full-time basis, while concurrently fulfilling her administrative responsibilities as the General Manager of Core from 2021 to 2022. Nadia works with clients of diverse ages and experience levels, ranging from young dancers to seniors recovering from injuries. Her instructional approach emphasizes precision, fluidity, and economy of movement. In 2024, Nadia was hand selected to join the esteemed teacher training faculty at Core Pilates NYC. She also serves as a curriculum consultant and teacher trainer for Pilates Artists United, a non-profit organization dedicated to providing classical Pilates education to Broadway dancers.

Beyond her Pilates practice, Nadia is a singer, actor, dancer, and aerialist. She holds a BA in Theatre and Opera Performance from SUNY Purchase College and an MM in Musical Theatre Performance from NYU Steinhardt.

Meet your expert faculty



Sky Spallone Faculty

Sky completed her Comprehensive Pilates Teacher Training at Core in 2012 and has been a member of the Core family ever since!

In the following years she has continued to develop her interest in holistic modalities, studying to be a Full Spectrum Doula at Ancient Song in Brooklyn, completing her 500 hour Yoga Teacher Training at ISHTA Yoga in Manhattan, studying to be an Evolutionary Astrologer with Steven Forrest in California and ever deepening into her love for art, particularly acting and writing.

Sky is so grateful for the solid foundation Pilates has provided in her life in so many different ways! She is honored to work in the Teacher Training program at Core to help students strengthen their own foundation. Her hope is always to help hold space for each person to shine in all that makes them incredible people as well as teachers.



Dr. Sarah Ruback Visiting Faculty

Dr. Sarah Ruback, is a therapeutic movement, stress management, and mindfulness expert. She currently serves as the CEO of St. Christopher's Inc. where she focuses on integrating therapeutic and expressive therapies in a trauma-informed setting. Sarah holds a doctorate from Fordham University, Masters in Fine Arts MFA in Acting from the Yale School of Drama and a 600 hour Pilates Mat and Comprehensive training certification from yours truly, Core Pilates NYC. She's the former director and an integral part of our program's development and curriculum.

She leads our Anatomy in Clay courses to all students enrolled at Core and serves on the Board of the National Pilates Certification Program.

Her Creds: Ed.D., MFA, BFA, ACE, NCPT, TCI, YMHFA, CPR, & MRS. Other training/certs: MELT Level 5 Instructor (Advanced), Teacher's Assistant for MELT, Red Cross CPR Instructor, Youth Mental Health First Aid trained, Therapeutic Crisis Intervention instructor, Comprehensive and Mat trained Classical Pilates instructor, TRX, Spinning®, Ballecore®, Pink Ribbon Program®, Core Data I Anatomy in Clay®, FAMI (Functional Anatomy for Movement & Injury)

Frequently asked questions

What if I've never taught before?

That's perfectly fine. We've had people from all walks of life wanting to become teachers. If you have no experience at all, you can absolutely do this training.

How long does the Mat Training Course take?

In-Person Training (or joining us virtually): is conducted over the course of two simultaneous weekends. So essentially 7 days if you consider the weekdays in between where you practice, observe, take class and study. If you successfully pass on the last day of the course you will receive your certification within a week after the course ends.

What support will I receive from Core Pilates NYC along the way?

Your course includes a pretty hefty resources module that informs you on all current best practices for finding teaching positions. We are always here to help whether by email at the studio or reaching out to our dedicated intake advisor. Or reach out to our incredible Teacher Training Community group on Facebook.

Do I need any equipment or props?

Nope! We provide mats, the online platform, digital manuals and everything you need.

Frequently asked questions

Do you offer tuition help or workstudy for the Mat Training Course?

We only offer workstudy positions for our Comprehensive Training Course and tuition for the Mat course is paid in full. If there is a personal reason prohibiting you from paying tuition in full we can certainly work with you individually on a payment plan.

Is Anatomy included in the Mat Training Course?

Yes! We integrate some fundamentals of anatomy into this course within an online module. These lessons and study are not presented live during the weekends however and are up to you to study and take the quizzes.

Are there any prerequisites for the Mat Training Course?

There are no prerequisites for this course. HOWEVER, and a big however, we strongly encourage and recommend that you have at least 10 classical mat classes under your belt. Having the knowledge and experience in your own body will help you immensely when learning to teach the Method.

Frequently asked questions

What qualification will I receive? And what accreditations is the course affiliated with?

Upon completion of your course, you will receive a certificate of training from Core Pilates NYC. We are recognized by the PMA (Pilates Method Alliance) for our teacher training courses as well as ACE and NASM credits. There is no global regulatory or governing body for Pilates, so in most countries you can start teaching as soon as you complete your course and get insurance.

Can we help?

I'm Ready!

Is it time to dive into the next phase of your life?

(The very best one, we think.) See our in-person training dates or get started online now.

ENROLL NOW

**REACH OUT TO
INTAKE ADVISOR**

Still Curious?

Click through to discover more of the courses on offer from CPNYC!

THE COMPREHENSIVE

ALL COURSES