



The Comprehensive Certification

core  pilates nyc

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 classically trained, fully certified Pilates instructor?

- Gain professional credibility and higher-paying opportunities.
- Flexible work outs. Work anywhere—studios, gyms, online, or your own business.
- Inspiration from helping others
- Transform your body, mind, and career while helping others do the same.
- Lucrative as full time or side hustle
- Friendships and community



Our Take. Getting to the point of Pilates

If your Reformer class is feeling like a bootcamp, you're not doing Pilates. If you are being pushed to exhaustion, racing through reps, or going to the beat of a playlist, you're doing a workout on a Reformer and that's a very different thing. Reformer Pilates as Joseph Pilates designed it is part of a structured system built on control, centering, precision, breath, flow and concentration. Modern reformer classes, they often skip every single one. The springs are used to push harder and not to assist or guide. Sequences are thrown together and not layered or progressed. Class sizes are huge so people copy each other instead of being taught. And the focus? Usually the burn and not the Mind-Body connection. While movement of any kind is beneficial, this isn't Pilates. It's not what Joseph Pilates intended and it's not as effective for the body as the original Method as prescribed truly is. Pilates was never about fatigue. It's not about pushing until you can't walk the next day. It's about moving with clarity, power, and purpose. And the problem isn't just stylistic. It's structural. Without proper sequencing, without the rest of the apparatus, and without understanding the classical Principles, you lose the why behind the work. You feel the burn, but are you building anything long term? You don't level up in Pilates because you are bored or trying to look good. You progress because your body is ready. Because you built the foundation, followed the order and earned the next exercise through the method, the understanding and the control. That's Pilates. And that's the point!





We believe that being an incredible 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
with
Core?

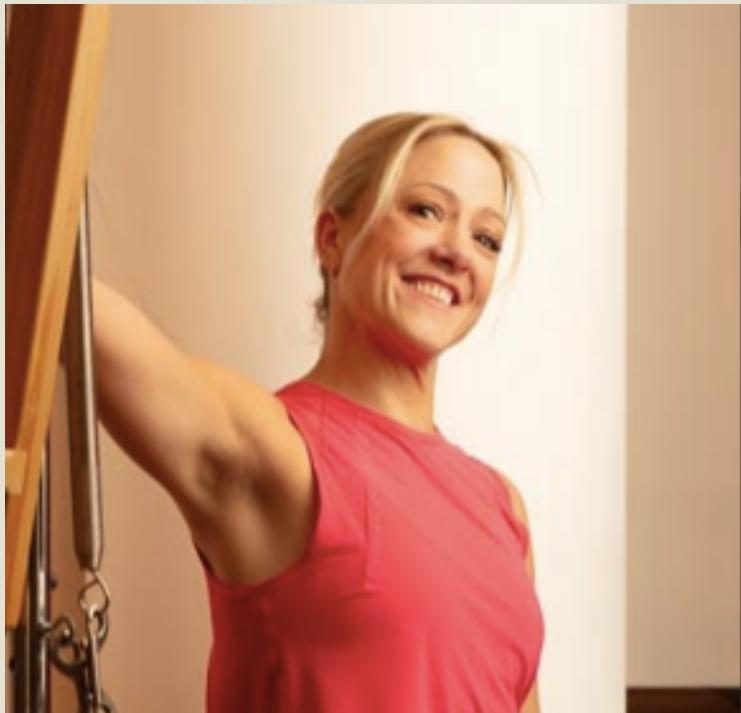
Growing teachers since 2002

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,
MASTER TEACHER



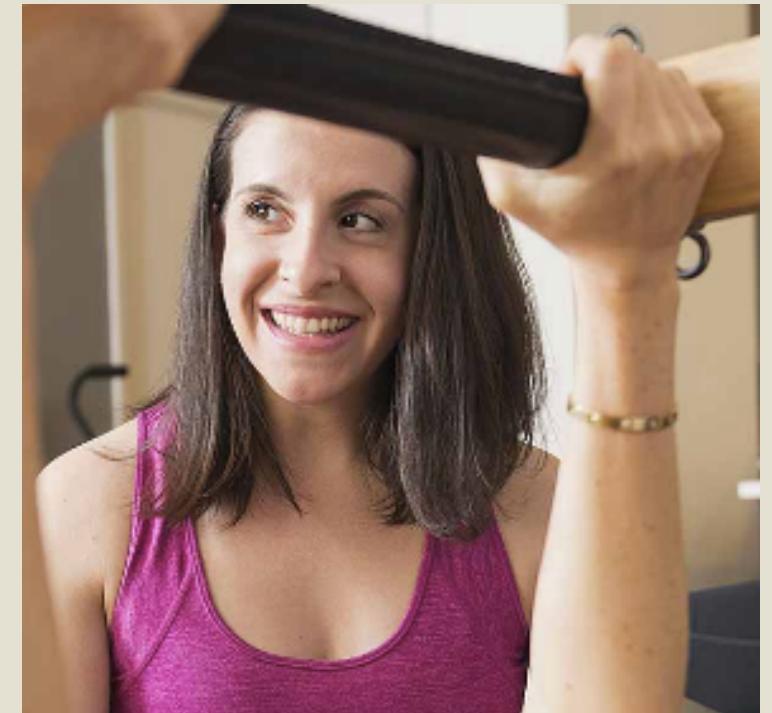
NIKKI HUNG

FACULTY, SENIOR TEACHER



MICHELLE FAMA

FOUNDER & FACULTY



JENN LANCASTER

FACULTY, SENIOR INSTRUCTOR



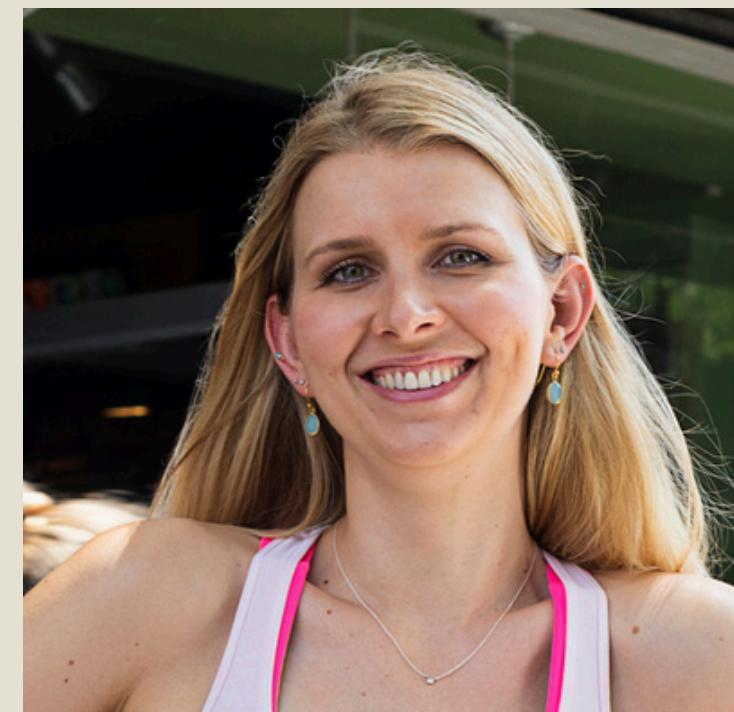
AMANDA VANDAVENTER

FACULTY, SENIOR
INSTRUCTOR



MICHELLE BRADSHAW

FACULTY



EVGENIA ILIENKO

REGIONAL DIRECTOR, SAUDI
ARABIA. FACULTY, ISLE STUDIO



BIANCA SOTO

FACULTY

Graduate with International Recognition

With a Core Pilates NYC Comprehensive Certification under your belt, you're stepping out with major street cred! Go to any studio in NYC and you're sure to find a staff full of our grads! You'll be fully prepared to sit for the NCPT Pilates exam (Nationally Certified Pilates Teacher), which is the standard credential for Pilates instructors in the U.S. and recognized internationally.

Plus, with our deep studio connections and insider network, you'll have access to our "little black book" to help you land your dream teaching spots and kickstart your Pilates career right out of the gate.



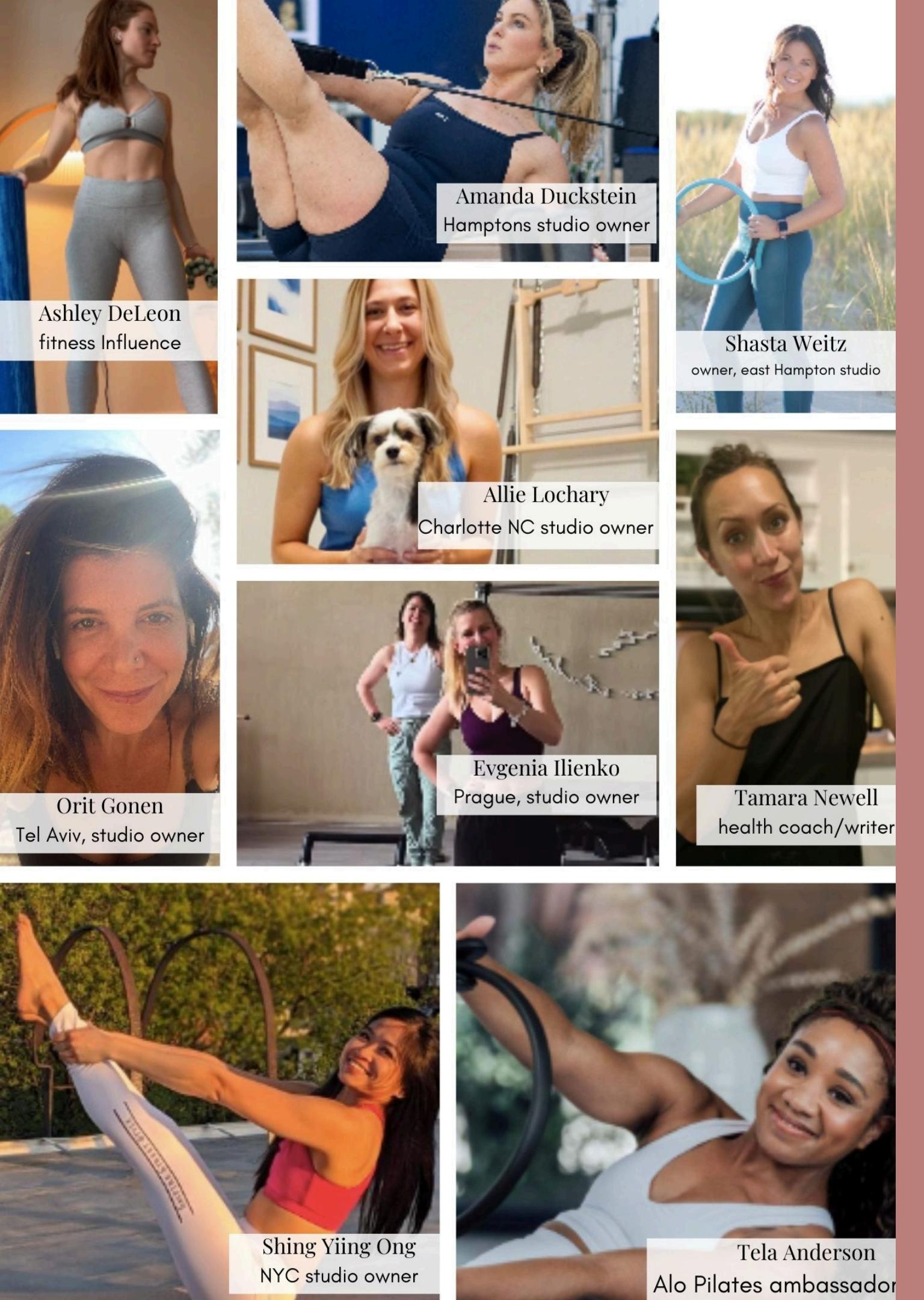
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Join our global community



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."

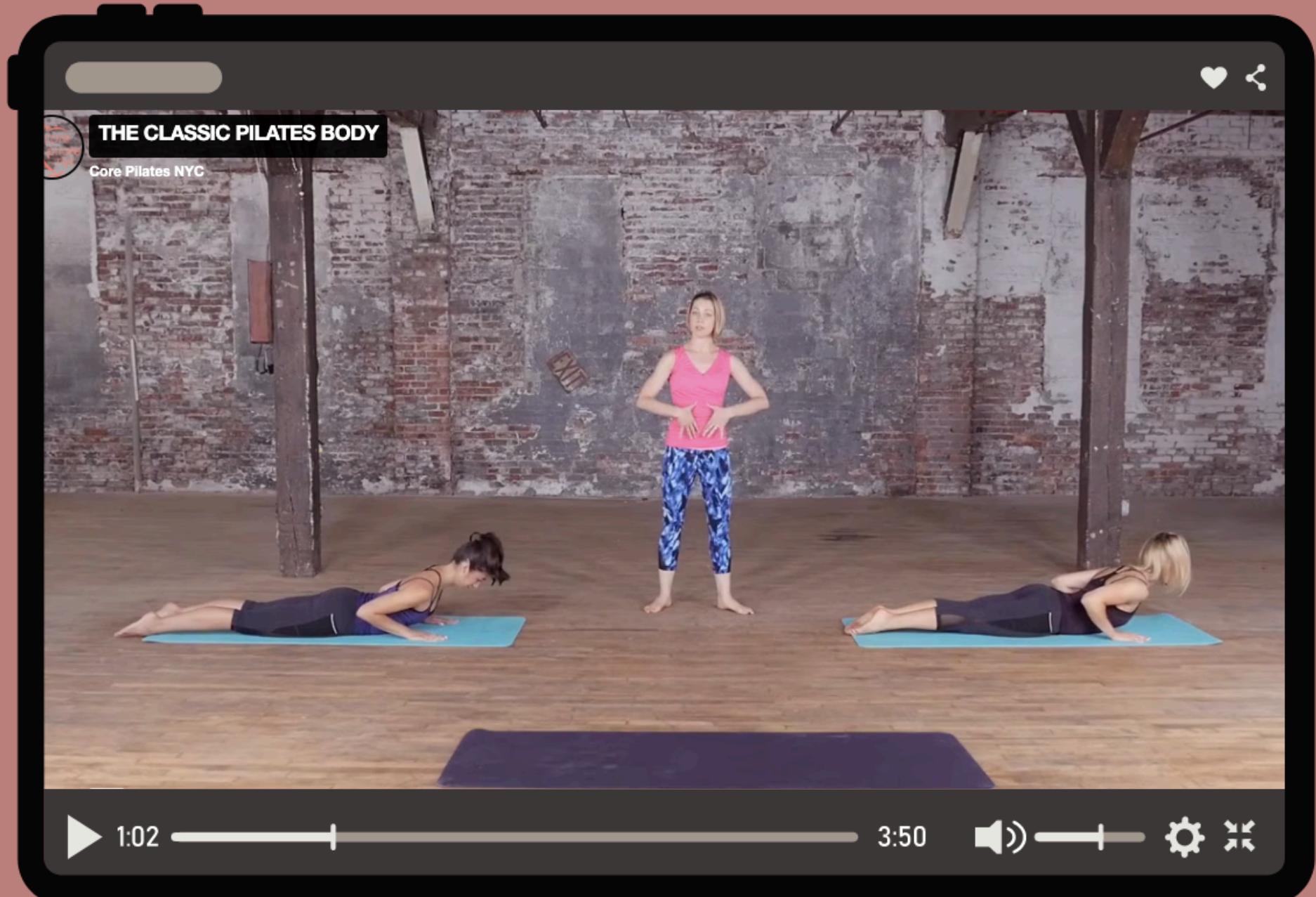
From Prague to Brooklyn; from to London to LA, our graduates make up the best type of global family – one made up exclusively of common passion and support.

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.

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.



The Program at a Glance

What to Expect

Enrolling in Core's 600 hour apprenticeship is not merely a commitment – it's a transformation.

You step into a rigorous lineage-based system where every movement is a lesson in control, precision, and anatomical intelligence. This is not Reformer only Pilates or Pilates as fitness trend; this is a METHOD as Joseph Pilates intended – undiluted, demanding, and deeply powerful. Expect to be deconstructed and rebuilt, not only as a mover but as a teacher, immersed in the full classical repertoire across the Mat, Reformer, Cadillac, Chairs, and Barrels, Small Equipment and Modern Props widely used. You'll log hundreds of hours practicing, observing, and teaching, under the watchful eye of mentors who expect excellence, not shortcuts. This is a journey that sharpens your eye, your body, and your voice—where tradition is honored, and mastery is earned.

The Pre-Course

Upon enrollment and before we meet in person you'll dive into this new world of Pilates by accessing your online dashboard and making your way through an online self-paced study moderated by a CPNYC faculty member. Cozy up with and be saturated with instructional videos, manuals, interactive discussions and quizzes. Self-paced to show up on day one super prepared.

The Program at a Glance

Prerequisite

Complete at least 10+ Private Sessions, 10+ apparatus classes, and 10+ Mat Classes either at Core or at an approved studio before the second month of the program.

Inquire with our team about the exclusive, and heavily discounted prereq bundle package once you put down a deposit.

Maintain a weekly Pilates practice at Core at least once a week through the duration of the program. Choose from one of our mandatory training memberships to fit your budget.

Mandatory Training

To ensure your education is not only through study but in practice – your OWN practice – we require all students to select a monthly membership that lasts the duration of the 6-month program. Our intake advisor will get you all set up with this upon acceptance into the program. Autopay is set monthly. Choose one option that fits your budget.

6 month membership. 4 x per month \$139/mo

6 month membership. 8 x per month \$249/mo

6 month membership. 12 x per month \$339/mo *best per class value!

The Program at a Glance

What's Included

- A 6-month immersive apprenticeship spanning 5 weekend intensives, totaling 600 instructional hours that is comprised of observation, teaching, self practice, training and home study
- Free studio access for 6 months. Your home away from home!
- Curriculum, mentors, faculty, manuals, online platform and use of the studio and equipment.
- Downloadables, Video Manuals, Class formatting
- All test out assessments are included (retest for a fee).
- ACE & NASM credits (3.4 ACE, 3.2 NASM)
- APPRENTICESHIP Online Member Portal Access
- Discounted Classes and Privates
- Learning How to Teach Beginner, Intermediate Classical Systems, Advanced Reformer, Special Cases,
- Modern Props & Small Equipment
- Our infamous Tower Wars Event
- Active Grad Network and Studio
- Network for Hiring and Job Placement
- Monthly Mentor Calls

The Program at a Glance

The Weekend Intensives and Mandatory Trainings:

Beginner Intensive Weekend: Deep dive into classical Pilates beginner repertoire on all apparatus with emphasis on technique, cueing, and sequencing. This also includes learning The Mat sequencing.

Intermediate Intensive Weekend: Builds on more advanced apparatus work and intermediate-level sequences with way more Chair and Cadillac and Introduces Barrels. Intermediate level Mat sequencing is presented also.

Advanced Reformer Weekend: You'll refine flow and all the 6 Pilates principles as they integrate together for the challenging and choreographic classical advanced Reformer.

2 hour workshop: Small Equipment to learn all the bits and pieces of classical props around the studio.

4 hour live training: Anatomy in Clay Fundamentals

Online Self-Study: Modern Props so you can carry your classical education into any setting and be relevant.

Online lecture & Presentation: Special Cases seminar where you'll learn best approaches for back pain, hip and knee injuries, scoliosis and more!

The Program at a Glance

Workshops and Specialized Seminars

- Anatomy in Clay Fundamentals: Hands-on anatomy training.
- Special Cases & Injury Modifications Seminar with accompanying manual.
- Small Equipment & Modern Props seminar (live and video-based).
- “Tower Wars” Event – an immersive, creative sequencing challenge.

7

Understanding Foundational Anatomy:

A self-study module on your student platform is dedicated to foundational anatomy as it relates to the Pilates movement you will be teaching. You'll learn the key muscles and joints at work in the classical Pilates repertoire and understand common injuries and how to modify. This comes before our in-person Anatomy in Clay Training.

8

The Program at a Glance

Anatomy in Clay Workshop

Anatomy in Clay is like arts & crafts meets body science! Roll up your sleeves and begin sculpting actual muscles—yes, with your hands—onto a skeleton model. You’re not just reading about anatomy, you’re building it, piece by piece. It’s squishy, sticky, wildly satisfying—and suddenly, all those confusing terms like “psoas” and “latissimus” make total sense.

It’s Play-Doh for Pilates nerds, science class reimagined, and the most hands-on way to truly get what’s under the skin. Once you sculpt it, you never forget it.

Benefits and Perks

Discounts on private sessions, regular classes, retail items, and workshops.

Final Assessments: Structured exams and test-outs are included (any required retests are subjected to a fee).

Certification: Earn the CPNYC Comprehensive Certificate of Training, which positions you to sit for the Pilates Method Alliance (PMA) credential.

The Program at a Glance

Testing and Certification

The program has 3 built in live assessments. Beginner assessment, Intermediate assessment and a final "Test Out" practical. In addition there are quizzes and a final written exam.

A certificate is issued only after successfully passing all required assessments, homework, quizzes, and submitting required hours and practice time.

You'll be prepared to sit for the The National Pilates Certification Program (NPCP) exam (formerly PMA Exam) which is a third-party, non-brand-affiliated credentialing exam that is run by the Pilates Method Alliance, the main professional association for Pilates teachers.

Getting certified through the NPCP boosts your credibility and confidence and shows you meet a recognized global standard in the industry. This exam is optional and can be taken at any time in your career. It is NOT required to successfully graduate from our program.

The Program at a Glance

Your Qualifications

As Core Pilates NYC-certified instructor, you'll be (more than) qualified to begin teaching in any studio, gym, or spa/fitness center. You will be qualified to teach 1-1 and group sessions with clients of all levels, ages, and abilities. You'll be prepared to sit for the official NPCP Certification Exam—which is the gold-standard certification test for Pilates instructors who want to prove their skills on a global level.



Rounding You Out



We always want to keep you growing and challenged as a teacher which is why our team of amazing Faculty offer separate short courses each year. Continue with The Advanced Mat Training Course. Kneeling side kicks anyone? Boomerang? One day and a few hours and BOOM your arsenal increases just like that!

Or learn how to teach Pilates for Pregnancy and Beyond in an intensive 3 hour workshop. Pilates for Back Pain Workshop? We got you. Art of Cueing? Yes, that too. Want to dive deeper into the Wundaful Wunda Chair? A 3 hour workshop will get you designing an entire class just on the chair. Of if you care to kick it up a notch into our series of Super Advanced Reformer or Cadillac be on the lookout for those workshop offerings.

Point is, 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.

A photograph of two women in a workshop or studio setting. The woman on the left, with dark skin and braided hair, is smiling broadly and clapping her hands. The woman on the right, with light skin and dark hair, is also smiling and clapping. They are surrounded by wooden structures and equipment, suggesting a creative or technical environment.

In-person
apprenticeship

Immerse yourself in your training experience, held at our dedicated training space full of the latest, greatest equipment (and latest greatest people) or at one of our host partner studios.

Build lifelong friendships and have an unforgettable 6 month journey. Have your questions answered in real time with present faculty and mentors and practice all you've learned in front of your fellow trainees and our world-class team.

apprenticeship



600 hours looks like this

75 hours built in: Attending all weekend intensives and seminars and meetings

100 hours built in: Online study and homework

200 hours: Observation, partner practice and self practice

115 hours: Live teaching

100 hours: Flexible

10 hours: Testing

Let's talk
pricing



2025 Pricing

PAY IN FULL

\$6095

**Klarna and Afterpay are available for more flexible installment plans*

Flexible Installments

Afterpay vs Klarna: What's the difference?

Feature	Afterpay	Klarna
Main options	Pay in 4: 4 equal payments every 2 weeks	Pay in 4 (U.S.) or Pay in 3 (UK/EU)
Extra options	Some monthly financing in select regions	Pay in 30 days, Financing (6-36 months), Pay Now
Interest	Always interest-free if you pay on time	Short-term plans interest free. Financing plans may include interest.
Availability	U.S., Australia, NZ, Canada, UK, EU	U.S., UK, EU, many other regions
How it works	First payment at checkout, 3 more every 2 weeks	First payment at checkout, then depending on plan (every 2 weeks, 30 days, or monthly)
Good for	Simple split payments, smaller purchases	More flexibility, larger purchases, or if you want more time to pay

At checkout, you'll automatically see which options are available to you based on your location, purchase amount, and provider (Afterpay or Klarna).

Training Package

NYC Mandatory Monthly Training

Required to sign up for one that fits your budget:

6 month membership. 4 x per month
6 month membership. 8 x per month
6 month membership. 12 x per month

\$139/mo
\$249/mo
\$339/mo *best per class value!

Billed monthly on autopay

Individual Mandatory Training Packages varies at each Host Studio

Workstudy

NYC Tuition Assistance

The Core Pilates NYC Workstudy Program is a tuition-reduction opportunity for Teacher Trainees who provide weekly support to the studio in operations, outreach, and administrative roles. Positions are tiered based on level of responsibility and number of hours committed per week.

Each role comes with a tuition discount between \$1,000 and \$2,500, applied toward the \$6,095 program cost. All roles require professionalism, consistency, and availability within designated shift windows.

[LEARN MORE & APPLY HERE](#)

Who do
CPNYC
graduates
become?



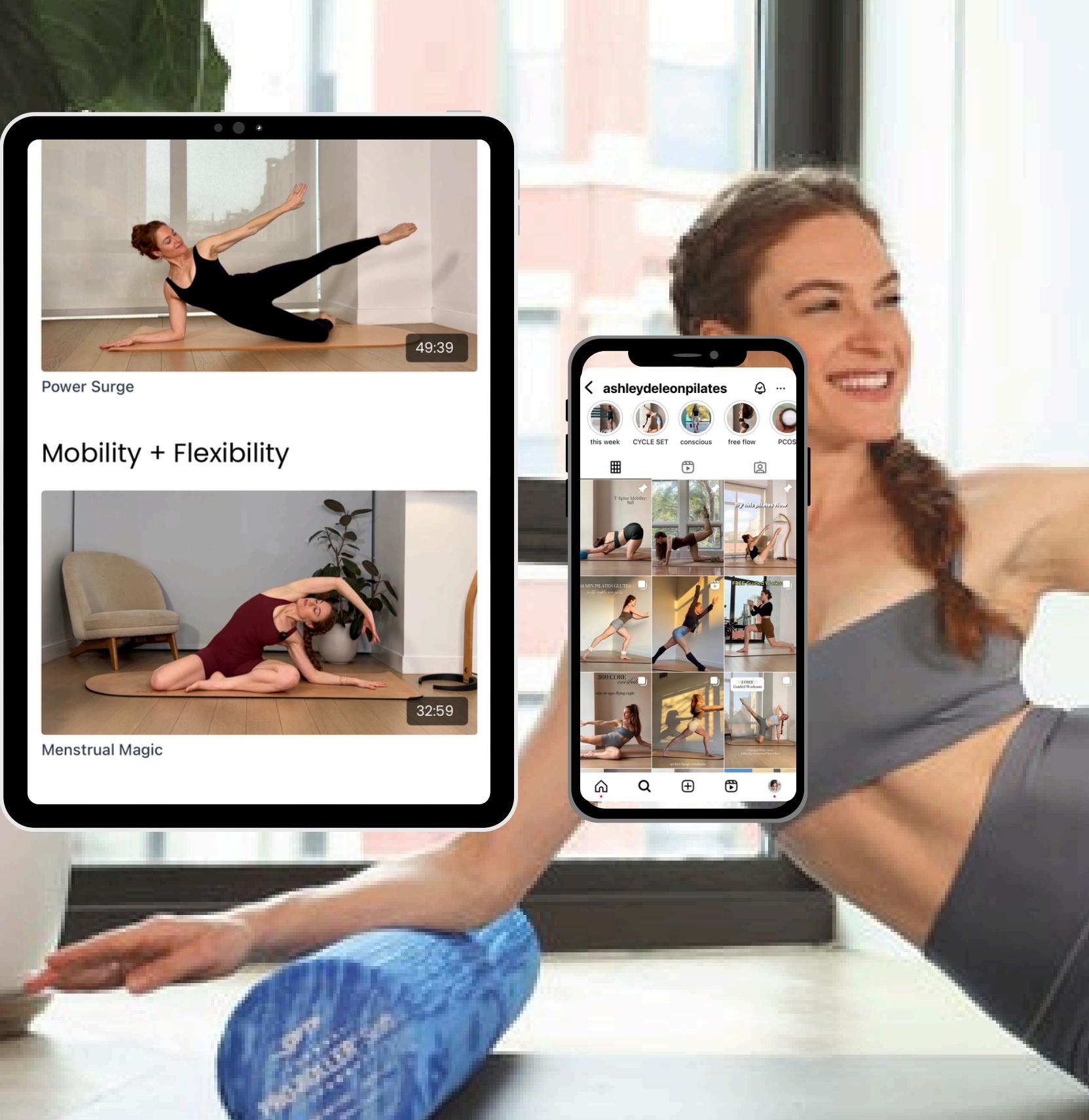
Fitness Influencer

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 and teacher trainer for Core. 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.

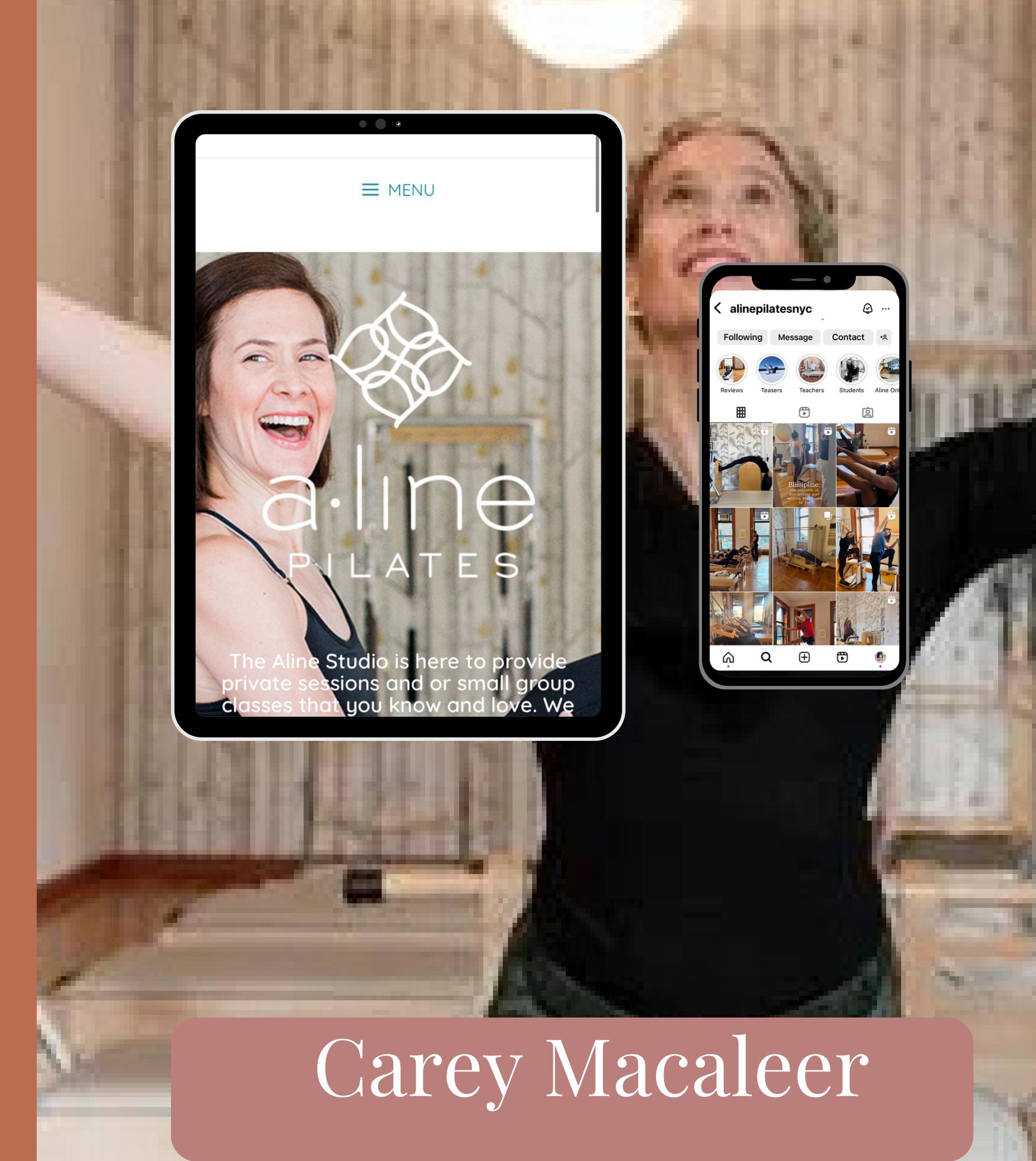
Ashley DeLeon



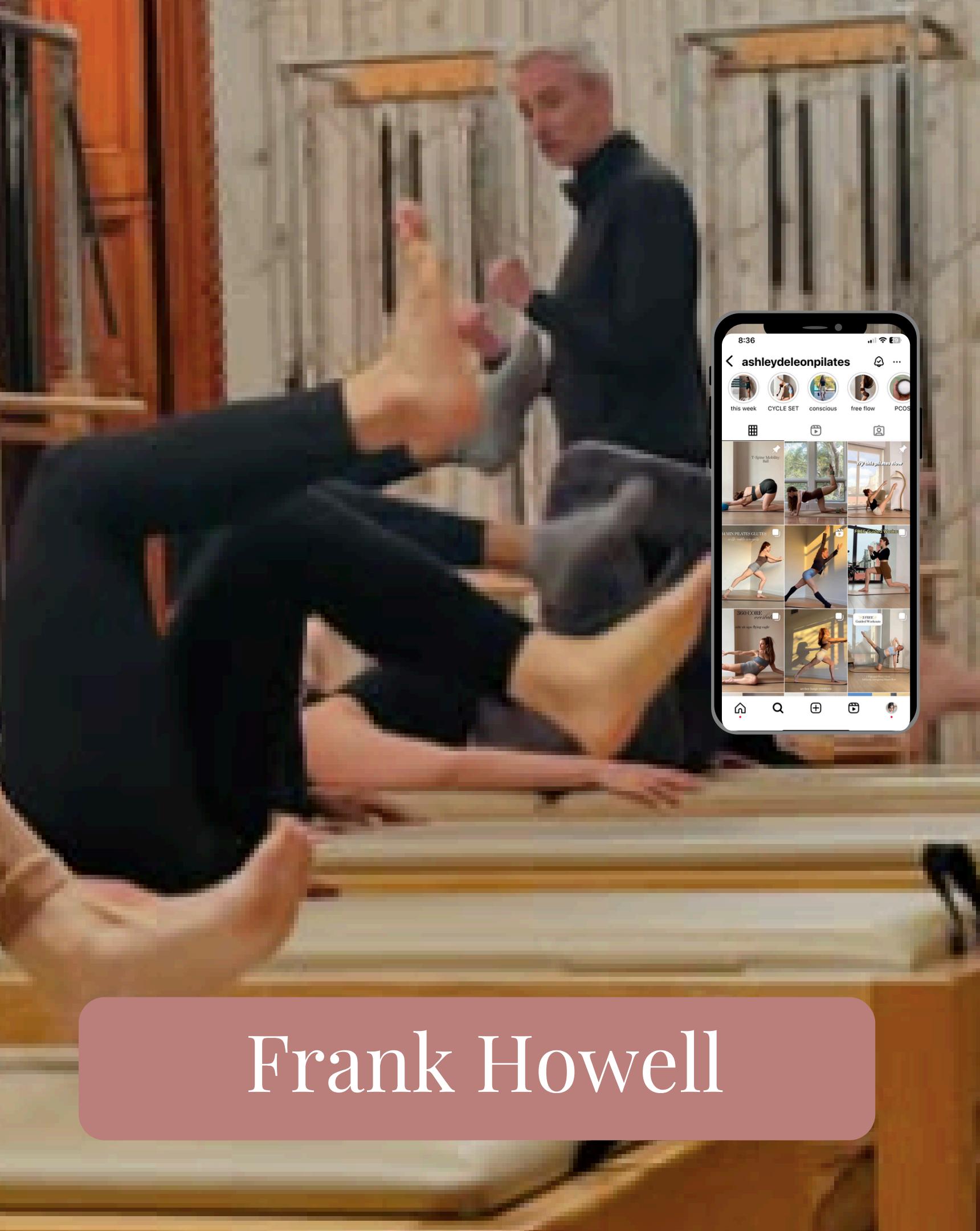
Studio Owners

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



Frank Howell

In Demand Instructors

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.

Our alumni in action



"The camaraderie of the students and the exceptional teachers exceeding my expectations."

Samantha



"After an amazing decade long career in New York City, I moved back to my hometown, Charlotte, NC, and opened a private in-home studio!"

Allie



"My career has skyrocketed after working with Amanda and the faculty at Core and I love what I do!"

Lynnette



"After retiring from gymnastics and dance, I turned to Pilates for rehabilitation and fell in love with the classical method. I completed Core's training in 2005 and have been inspiring others ever since either as an Alo Moves Ambassador." Tela



"Did the CPNYC program in 2016 and I own my own studio in the Hamptons!"

Amanda



"Worked at Core for a year —what a joy! (I dream of visiting again.) I returned to Israel and after working years for other studios, I opened my own a beautiful boutique studio in Israel." Orit



Meet your expert faculty



Carrie Campbell Lead faculty & Master Instructor

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!



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.

Meet your expert faculty



Bianca Soto
Faculty



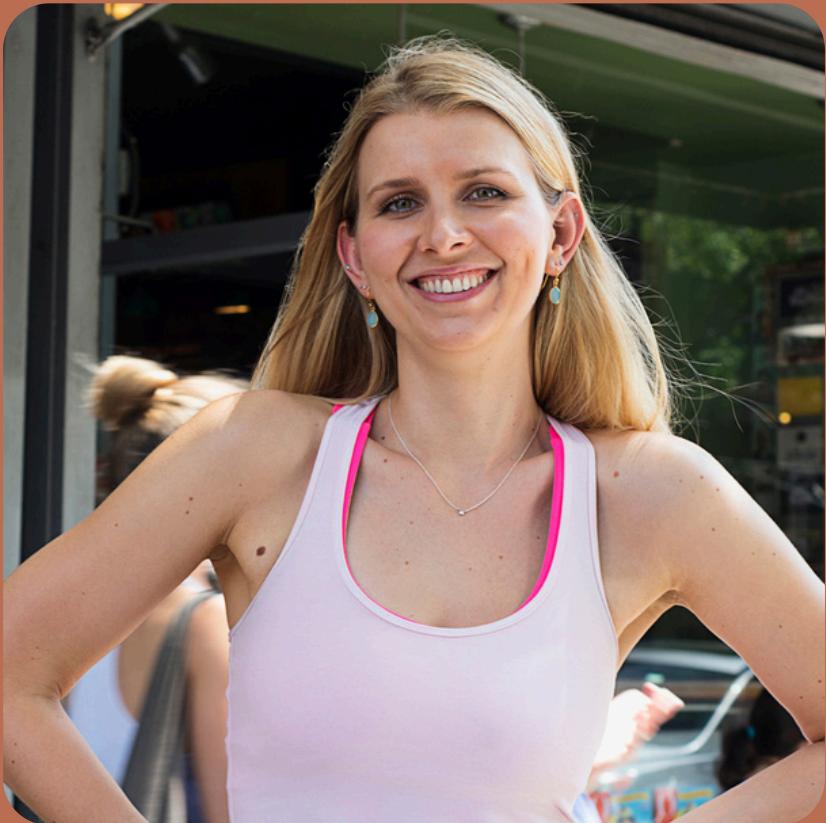
Dr. Sarah Ruback
Visiting Faculty

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)

Meet your expert faculty



Evgenia Ilienko Faculty and Regional Director, Saudi Arabia

Evgenia Ilienko is a certified pilates instructor and a certified holistic health coach through the [Institute for Integrative Nutrition](#). It has taken her some time to discover what her life passion is, but after spending some years learning dance, practicing yoga and pilates, she decided she's the happiest when she moves her body. This, in a nutshell, is how she found her love to become a pilates instructor and a health coach. After spending eight years in New York City, she followed her heart to Crete, Greece in August 2015, and has been living there ever since.

Evgenia runs Core's Teacher Training Program at Partner and Host Studio Isle Pilates located in Riyadh, Saudi Arabia with more to come as she continues to expand our program throughout the country.



Hannah Dillenbeck Assistant 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.

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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
the dates of our next cohort. Or
get in touch with our intake
advisor at
education@corepilatesnyc.com

LEARN MORE

**REACH OUT TO
INTAKE ADVISOR**