

The Mat Training Course

Course Guide

core pilates nyc



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

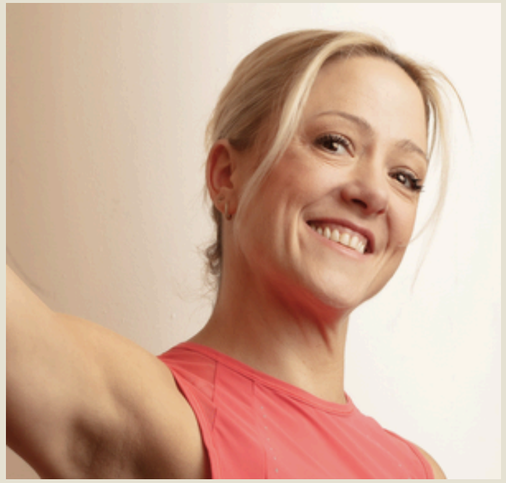
Put simply, when you train with Core, you learn from the best.

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.

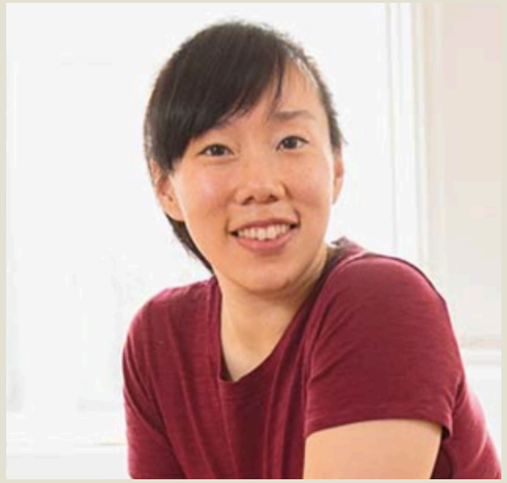




MICHELLE FAMA
CPNYC FOUNDER



CARRIE CAMPBELL
LEAD FACULTY



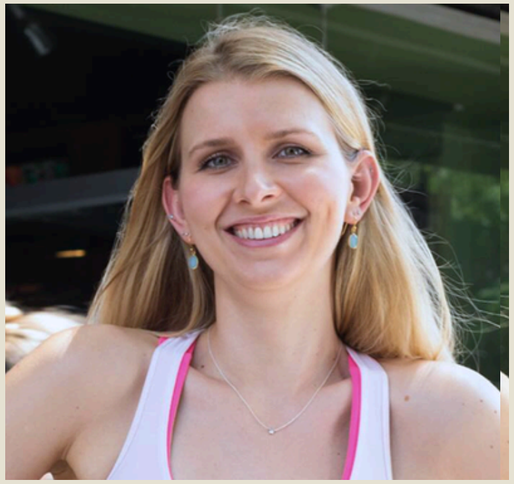
NIKKI HUNG
FACULTY



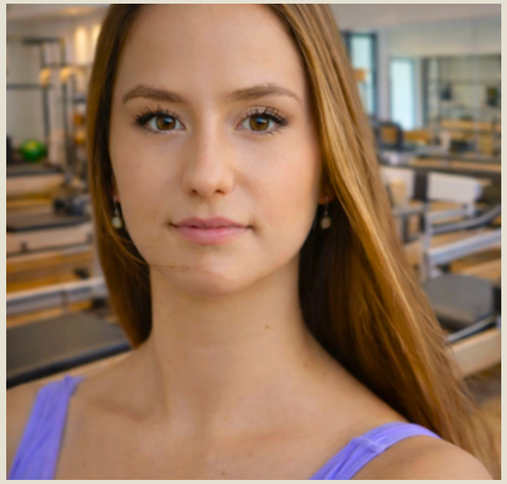
JENN LANCASTER
FACULTY



AMANDA VANDAVENTER
FACULTY, FACULTY DEVELOPMENT LEAD



EVGENIA ILIENKO
REGIONAL DIRECTOR, FACULTY, SAUDI



HANNAH DILLENBECK
FACULTY



BIANCA SOTO
FACULTY



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.

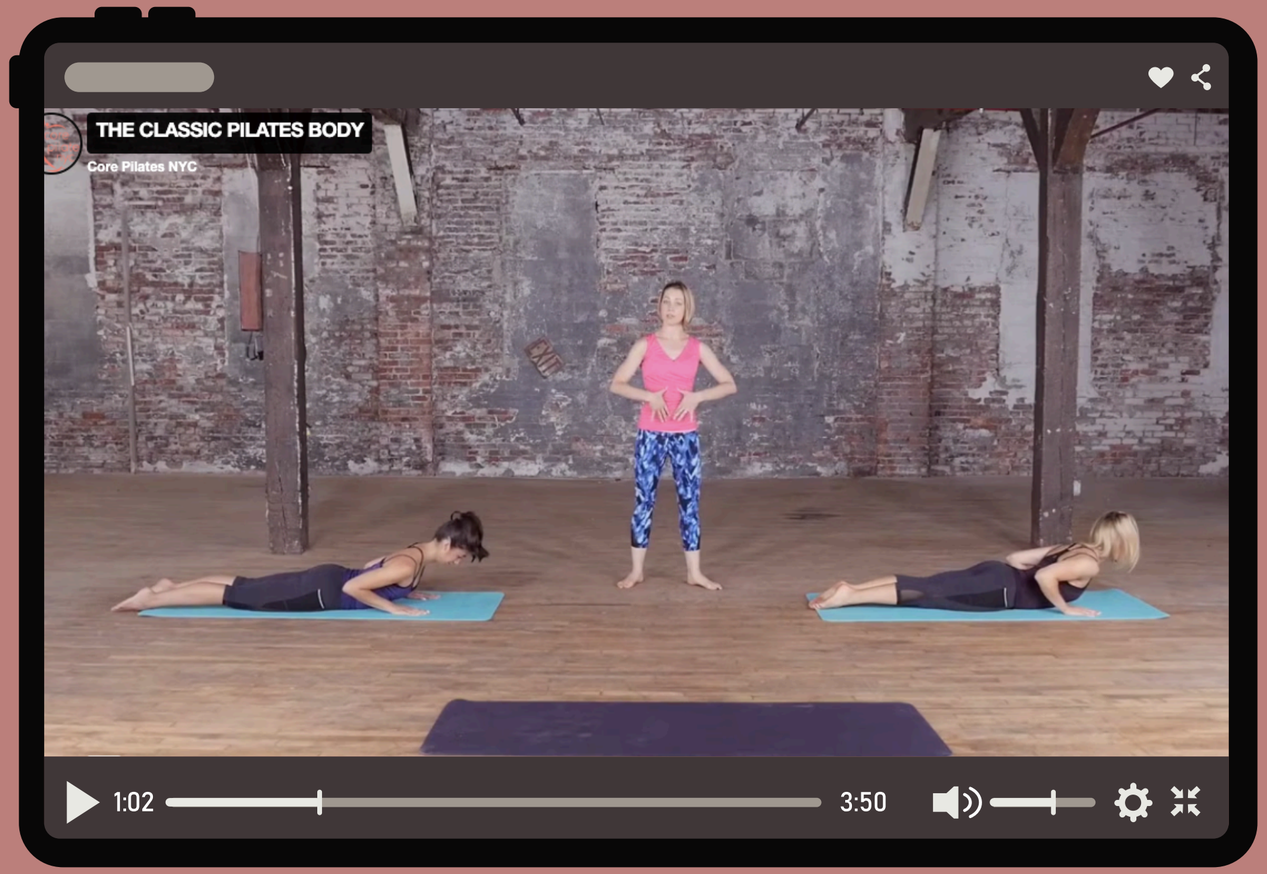
Not in NYC but want to join us in real time. Join us virtually through Zoom. It really works!

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.

1

Pre-Course
Upon enrollment, you get instant access to our robust and curated CPNYC online platform where you will dive into the world of classical Mat right away. Our precourse is an online self-paced study moderated by our team. From videos, manuals, discussions, quizzes and more, this self-paced study gets you fully prepared for the in-person training.

2

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.

3

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.

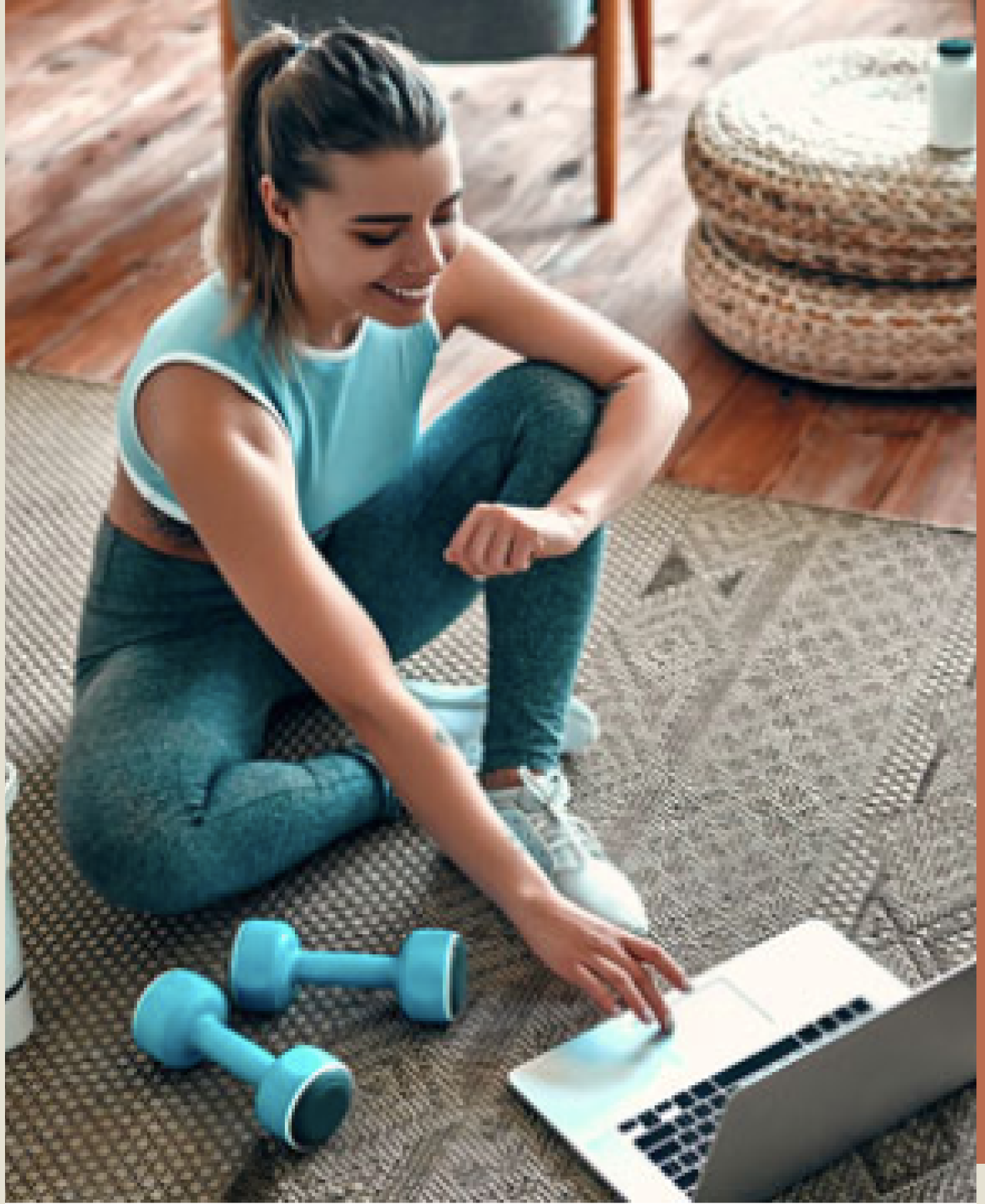
4

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.

5

Assessment & Certificate
We want to give you time to fully perfect your teaching! You have 2 weeks from the conclusion of the cousre to submit your best effort in a video showcasing your teaching. Our faculty team will do a full review and assessment of your video submission within 10 days, after which, you will receive your certification if you pass. We provide a retest support module for those who need to hone in a bit more in a second submission.

6



What you get

- Self-study Precourse module upon enrollment 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
- 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 for our special Advanced Mat Certification Seminar so you can truly round out your classical Mat teacher training.



How to choose your course?

100% ONLINE

COMING
SPRING
2026 (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 wiith fellow apprentices.
- 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**: While we don't firmly require any experience we STRONGLY 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 able to videotape and submit within 2 weeks of live course conclusion, your official test out video for our faculty to assess and grant you certification.
- You as a world-class Pilates teacher: coming right up


Let’s talk
pricing

In-person Mat Training Course

TUITION

$1,275

We've partnered with Klarna and Afterpay for flexible payment plan options (where applicable)

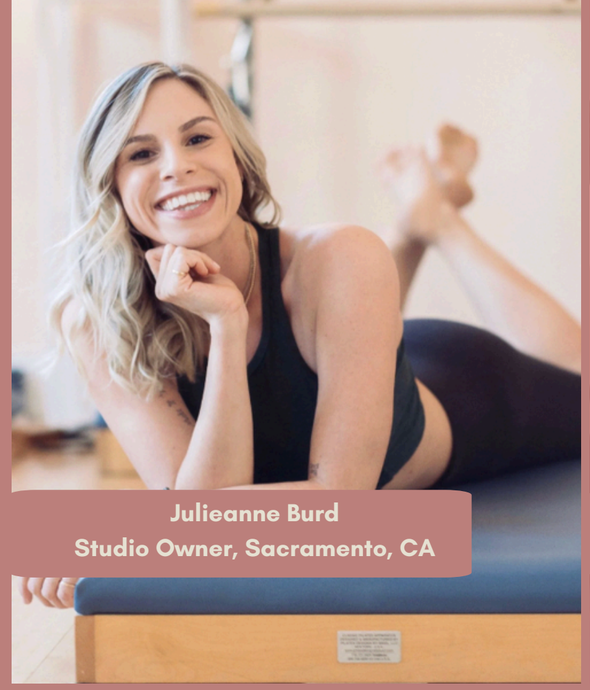
Get our FREE Early Enrollment Success Kit
for the first 8 to join. Includes:

The CPNYC classical cueing library
Sample class templates and more!


Who do
CPNYC
graduates
become?



Allie Lochary
Studio Owner, Charlotte NC



Julieanne Burd
Studio Owner, Sacramento, CA



Amanda Duckstein
Studio Owner, Hamptons NY



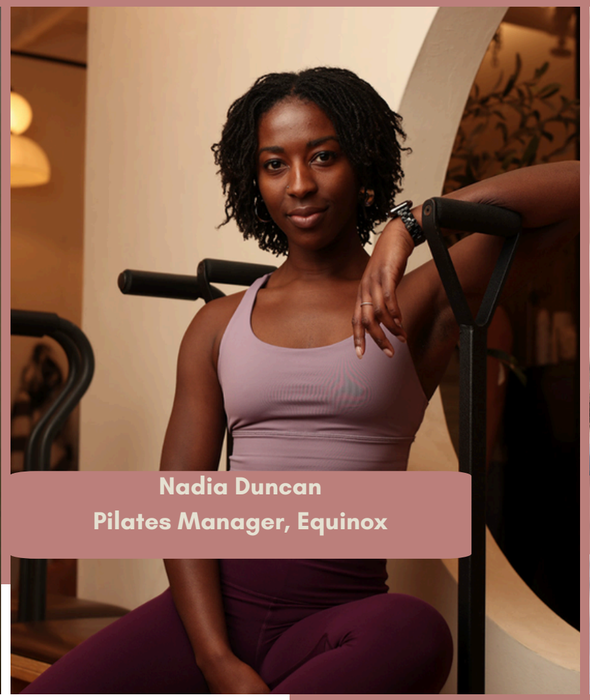
Tela Anderson
Alo Pilates Ambassador, Studio Owner



Bennett Capobianco
Founder, Straphanger Pilates



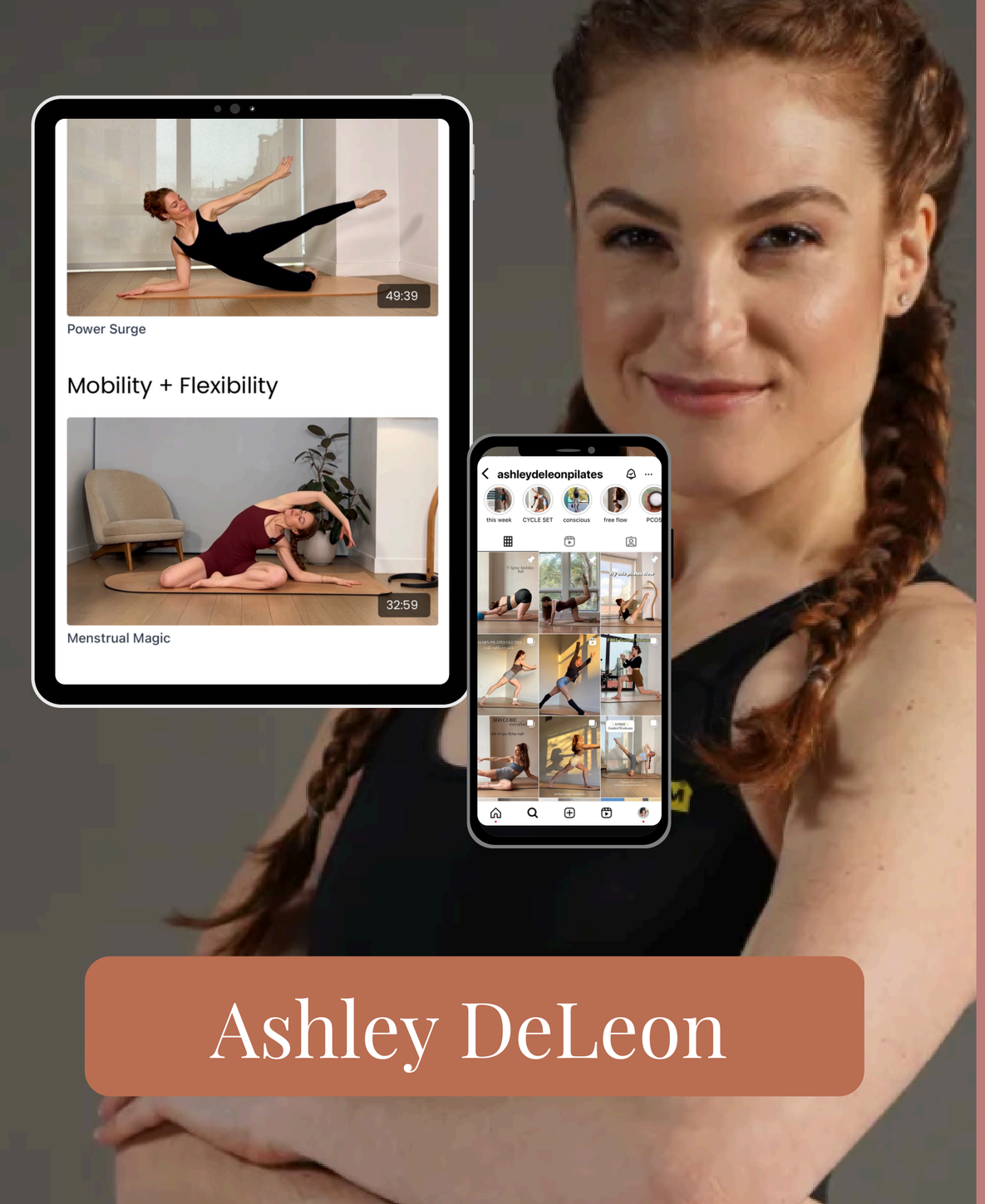
Courtney Bright
Founder, Hey Coco Studio



Nadia Duncan
Pilates Manager, Equinox



Orit Gonen
Studio Owner, Tel Aviv Israel



Ashley DeLeon

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.

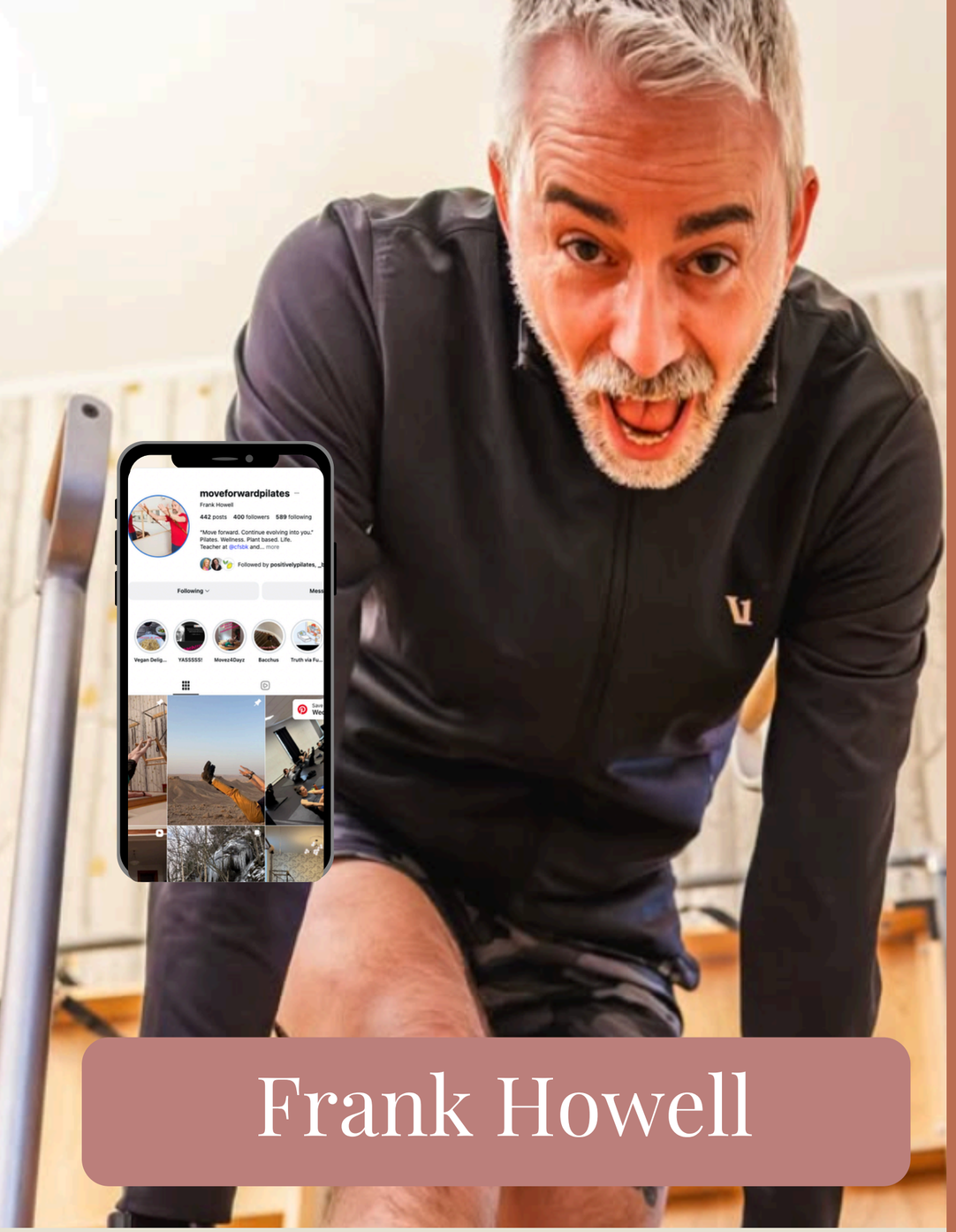
Studio Owners

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

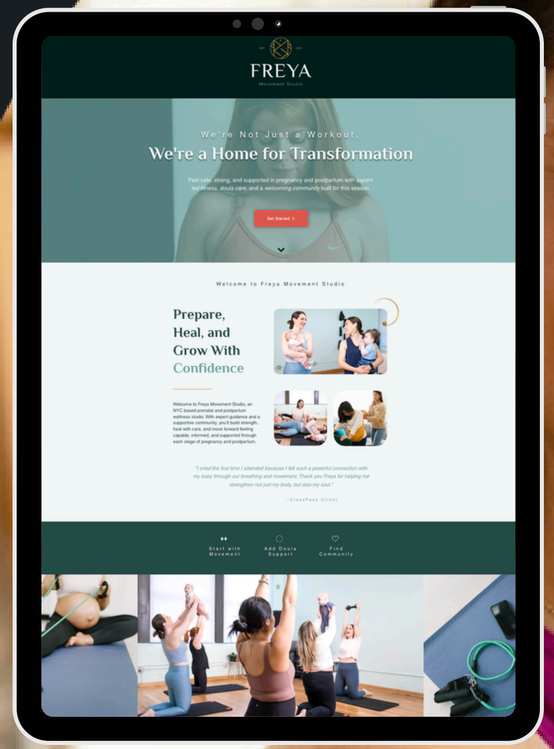


Frank Howell

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.



Jenny Hoofnagle

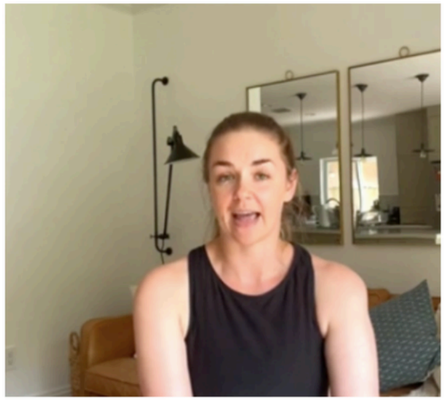
Specialists

Jenny Hoofnagle
Founder, Freya Movement & Birthing Doula

Jenny completed her Comprehensive Pilates Certification at Core in 2018. She developed a special interest in working with expectant mothers and new moms due to her driving passion to broaden women's own understanding, appreciation, and care for their bodies. Jenny is a doula and most recently founder of her own special studio. Freya Movement Studio began when she felt the calling to empower pregnant and postpartum people with movement and compassionate care throughout every stage of their journey.

As her virtual offerings grew and in-person classes began, so did her vision. What started online soon became a few hours a week in person downtown at a studio rented by the hour... and in March of 2025, Freya Movement Studio found its very own home in Chelsea, NYC.

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.

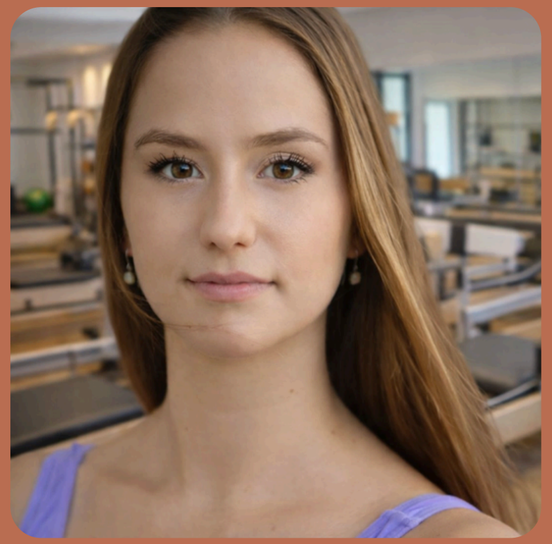
Meet your expert faculty



Bianca Soto

Faculty

Bianca is a New York City–based Pilates instructor with nearly a decade of teaching experience across studios throughout the city. She completed the Comprehensive Teacher Training Program at Core Pilates NYC, where she immersed herself in the depth and rigor of the classical method. With a foundation rooted in performance and movement, Bianca brings clarity, rhythm, and thoughtful cueing to every session. In recognition of her depth of understanding and leadership within the community, she was invited to join the esteemed faculty at Core Pilates NYC — an honor reserved for instructors who embody both the rigor and the spirit of the work. When she's not in the studio, Bianca still enjoys creative pursuits, good storytelling, and a perfectly executed parallel park.



Hannah Dillenbeck

Faculty

Hannah is a New York City–based dancer and classical Pilates instructor whose work bridges refined performance training with intelligent, anatomy-driven movement. Originally from Rochester, NY, she graduated summa cum laude from the University of Oklahoma with a BFA in Modern Dance Performance and a BS in Biology/Neurobiology — a rare combination that deeply informs her precision, musicality, and understanding of the body.

Hannah has performed extensively in New York and internationally with esteemed contemporary companies, bringing discipline, nuance, and expressive strength to her work. Her transition into classical Pilates felt both natural and essential — a continuation of her commitment to rigorous technique and embodied excellence. Hannah was selected to join the faculty at Core Pilates NYC. Her invitation to the team reflects not only her technical expertise but her alignment with the studio's standards of integrity, lineage, and teacher mentorship.

Meet your expert faculty



Evgenia Ilienko

Faculty, Isle Studio, Saudi. Regional Director

Recently appointed as the CPNYC regional director for Saudi Arabia and the Middle East, Evgenia first began her life-changing Pilates journey in 2012 while living in New York City. She was first mat-certified at Core Pilates NYC to see if Pilates was what she wanted to pursue, then she did the full comprehensive at Core while being one of the studio managers, and later became a teacher at the studio. She went on to teach in Greece and Prague, getting a second comprehensive certification along the way in Romana's Pilates. Now, she is bringing Core's certification program to Core's host studio, Isle in Saudi Arabia.



Dr. Sarah Ruback

Adjunct Faculty, Anatomy

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. We offer live anatomy seminars throughout the year, and all our Mat Training Course grads are welcome to join for 50% off.

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