THE CORE CROSSOVER

Your previous training counts. Your next chapter builds on it.

A personalized pathway into Core Pilates NYC's Comprehensive Classical teacher education for instructors who already bring meaningful Pilates training and experience.

You are not starting over.

The Core Crossover recognizes the education you have already completed and creates a clear path into Core's full Classical system - without asking you to unnecessarily repeat your beginning.

Built for teachers who want to go deeper

Crossover apprentices train alongside our Comprehensive cohort, moving through the same Core Classical curriculum from Beginner through Advanced. Your previous education is reviewed individually so that your apprenticeship can focus on what comes next: integrating the complete apparatus system, refining your teaching, and developing the judgment and confidence to work with the body in front of you.

You already learned Pilates. Now learn to see the Method as a whole.

TWO PATHS. ONE CORE STANDARD.

Different starting points. The same commitment to excellent teaching.

Whether you are beginning your teacher-training journey or arriving with significant previous Pilates education, both pathways lead into Core's complete Classical system.

	COMPREHENSIVE	CROSSOVER
Designed for	New teachers + those with limited or apparatus-specific prior training	Previously trained Pilates instructors with substantial teacher education
Previous certification	Not required	Required; reviewed individually
Total pathway	Approx. 600 hours	Typically 350-450 hours
Core live education	Approx. 150 hours	Approx. 150 hours
Training levels	Beginner → Intermediate → Advanced	Beginner → Intermediate → Advanced
Full Classical apparatus	✓	✓
Observation + self-practice	✓	✓
Practice teaching	✓	✓
Faculty mentorship	✓	✓
Core assessments	✓	✓
Prior education recognized	—	✓
Tuition	$6,095	$3,995
Outcome	Core Comprehensive Classical Pilates Teacher Training Certificate of Completion	Core Comprehensive Classical Pilates Teacher Training Certificate of Completion

Same education. Different starting point. Crossover apprentices move through Core's required Classical curriculum alongside Comprehensive apprentices. What changes is the amount of apprenticeship work required outside the classroom, based on an individual review of prior teacher education.

Crossover admission is based on review of prior Pilates teacher education, including program hours, apparatus studied, curriculum and teaching experience. Applicants whose previous training is limited to Mat, Reformer or a proprietary fitness format may be better suited to the Comprehensive pathway, with applicable prior experience recognized.

THE CROSSOVER PATHWAY

A full-system education, without repeating your beginning.

Most Crossover pathways total approximately 350-450 hours. Around 150 hours are built into Core's required live education; the remaining apprenticeship is individually prescribed based on the training you have already completed and the experience you bring.

350-450	~150	200-300
TYPICAL CROSSOVER PATHWAY HOURS	CORE SCHEDULED EDUCATION	INDIVIDUALIZED APPRENTICESHIP

YOUR CORE EDUCATION

- Required Comprehensive training intensives
- Workshops + scheduled educational meetings
- Beginner through Advanced curriculum
- Full apparatus education
- Anatomy + Special Cases
- Teaching methodology, cueing + programming
- Faculty mentorship, feedback + integration

YOUR INDIVIDUALIZED APPRENTICESHIP

- Observation
- Self-practice
- Practice teaching
- Working with real bodies
- Integration of the complete Classical system
- Assigned hours based on prior education
- Preparation for Core assessments

From individual apparatus to the full Method

At Core, your education expands across the interconnected Classical system: Reformer, Mat, Cadillac, Tower, Chairs, Barrels, Ped-o-Pull, small apparatus and auxiliary equipment - along with Special Cases, anatomy, teaching methodology, cueing, programming, transitions and the ability to read and respond to the individual body in front of you.

The goal is not simply to collect more exercises. It is to understand how the apparatus work together as one Method - and to develop the judgment, vocabulary and confidence to teach it.

WHAT COMPLETION LOOKS LIKE

Train. Practice. Assess. Graduate.

01 TRAIN	Attend all required Core Comprehensive training intensives, workshops and scheduled educational meetings.
02 PRACTICE	Complete your individualized apprenticeship through approved observation, self-practice and practice teaching.
03 INTEGRATE	Develop fluency across the full Classical apparatus system and learn to apply the Method to the individual body.
04 ASSESS	Successfully complete Core's required practical and written assessments, including Beginner, Intermediate and Final Comprehensive assessment requirements.
05 GRADUATE	Successfully complete all Crossover requirements and receive Core Pilates NYC's Comprehensive Classical Pilates Teacher Training Certificate of Completion.

Your starting point determines your pathway.

Every Crossover applicant's previous education is reviewed individually. We consider total program hours, apparatus studied, curriculum, assessment requirements and teaching experience. From there, Core prescribes the apprenticeship hours needed to complete your Classical education at our standard.

The hours may be individualized. The competency standard is not.

IS CROSSOVER RIGHT FOR YOU?

Bring us what you've already learned. We'll help you build what comes next.

Crossover is intended for Pilates instructors with substantial prior teacher education who want to deepen their training within the Classical Method and earn Core's Comprehensive Classical credential.

A strong Crossover candidate may have:	You may be better suited to Comprehensive if:
• A prior Comprehensive Pilates certification • Multi-apparatus teacher education • Meaningful Mat + Reformer education with substantial teaching experience • A desire to transition from contemporary to Classical work	• Your certification is Reformer-only • Your certification is Mat-only • Your background is primarily boutique/proprietary fitness • You have Pilates experience but no formal teacher education

How admission works

1. Tell us about your training. Share your previous certification, program hours, apparatus studied and teaching experience.

2. We review your education. Our Teacher Training team determines whether Crossover or Comprehensive is the right pathway and assigns any applicable prior-learning credit.

3. Receive your personalized pathway. You'll receive a clear outline of your Core education, apprenticeship requirements, assessments and next steps.

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