



Apprentice Program

In order to qualify to take the National Pilates Certification Program (NPCP) exam to become a Certified Pilates Teacher you must complete a comprehensive training program through a nationally recognized program such as Balanced Body. This program requires a total of 488 hours to complete, which includes 8 modules of mat, reformer, and apparatus work in addition to an anatomy course. You are also required to fulfill the required number of personal sessions, observation hours and student teaching hours before being eligible to apply to take the NPCP exam. As educators for Balanced Body, we recognize the value in these additional hours and have put together a program that allows you meet these requirements in an atmosphere designed to bring out the best in each individual instructor.

Apprentice Program Trainers

Nico Gonzalez - Balanced Body Master Trainer, Global Trainer, NCPT, ACE
Amy Phillips – Balanced Body Master Trainer, NCPT, ACE



A limited number of apprentice positions will be available during each session to ensure that each apprentice receives the individual attention necessary to become a qualified Pilates instructor. Each apprentice will be required to carry their own liability insurance. The opportunity to be surrounded by experienced Pilates instructors will be an invaluable asset to the apprentice to continue to grow and develop their skills. Participation in the Apprentice Program does not guarantee an offer of employment by Fitness Physiques by Nico G.

Apprentice Program Details for the full 1 year program

Tuition \$2299 with an option for payment plan

This program allows the apprentice to complete all of their personal, observation, and student teaching hours in the Pilates Studio at Fitness Physiques by Nico G under the supervision of two Balanced Body educators.

1. As an apprentice begins the program they will begin by teaching classes to other instructors and will be given feedback periodically on those classes. This feedback will be similar to what will be given on the final comprehensive test out with Balanced Body so the apprentice will be fully prepared for the practical portion of that test. Once it is determined that the apprentice is ready, they will begin teaching classes to clients as a student teacher.
2. The apprentice will be given a package of 10 equipment classes to be counted towards their personal hours. Any classes taken after those 10 classes will be given a 10% discount while in the Apprentice Program.
3. The apprentice shall receive 2 private sessions with a master trainer designed to work specifically on their individual needs. These will help the apprentice learn to design programs for their clients.
4. The apprentice will be given a discounted rate on Balanced Body modules once beginning the program. Discounts can be used for the mat, reformer, apparatus and anatomy courses.
5. The apprentice will have the opportunity to observe teaching sessions with any instructors to help them see different approaches and develop their own teaching style.
6. The apprentice will be given scenario based assignments designed to help them deepen their understanding of the body and some of the issues that will present themselves with clients. This will allow them to think about modification requirements for specific injuries before being faced with them on a real body.
7. The apprentice may observe one 3 hour continuing education workshop during their time in the program.
8. Two additional lectures will be offered during the apprenticeship that are only available to staff members. These topics will vary based on the current needs of the group.
9. The apprentice will have the opportunity to ask questions of and receive feedback from two Balanced Body educators throughout the program.

Apprentice Program Details for the 6 month program

Tuition \$1320 payable in advance

This program allows the apprentice to complete all of their personal, observation, and student teaching hours in the Pilates Studio at Fitness Physiques by Nico G under the supervision of two Balanced Body educators.

1. As an apprentice begins the program they will begin by teaching classes to other instructors and will be given feedback periodically on those classes. This feedback will be similar to what will be given on the final comprehensive test out with Balanced Body so the apprentice will be fully prepared for the practical portion of that test. Once it is determined that the apprentice is ready, they will begin teaching classes to clients as a student teacher.
2. The apprentice will be given a package of 4 equipment classes to be counted towards their personal hours. Any classes taken after those 4 classes will be given a 10% discount while in the Apprentice Program.
3. The apprentice will be given a discounted rate on Balanced Body modules once beginning the program. Discounts can be used for the mat, reformer, apparatus and anatomy courses. This discount may not be used towards 3 hour workshops.
4. The apprentice will have the opportunity to observe teaching sessions with any instructors to help them see different approaches and develop their own teaching style.
5. The apprentice will be given scenario based assignments designed to help them deepen their understanding of the body and some of the issues that will present themselves with clients. This will allow them to think about modification requirements for specific injuries before being faced with them on a real body.
6. The apprentice may observe one 3 hour continuing education workshop during their time in the program.
7. Two additional lectures will be offered during the apprenticeships that are only available to staff members. These topics will vary based on the current needs of the group.
8. The apprentice will have the opportunity to ask questions of and receive feedback from two Balanced Body educators throughout the program.

Apprentice Program Details for the 3 month program

Tuition \$899 payable in advance

This program allows the apprentice to complete all of their personal, observation, and student teaching hours in the Pilates Studio at Fitness Physiques by Nico G under the supervision of two Balanced Body educators.

1. As an apprentice begins the program they will begin by teaching classes to other instructors and will be given feedback periodically on those classes. This feedback will be similar to what will be given on the final comprehensive test out with Balanced Body so the apprentice will be fully prepared for the practical portion of that test. Once it is determined that the apprentice is ready, they will begin teaching classes to clients as a student teacher.
2. The apprentice will have the opportunity to observe teaching sessions with any instructors to help them see different approaches and develop their own teaching style.
3. The apprentice will be given scenario based assignments designed to help them deepen their understanding of the body and some of the issues that will present themselves with clients. This will allow them to think about modification requirements for specific injuries before being faced with them on a real body.
4. The apprentice will have the opportunity to ask questions of and receive feedback from two Balanced Body educators throughout the program.