

## Balanced Body Community Expansion Scholarship Guidelines

*“Human progress is neither automatic nor inevitable...Every step toward the goal of justice requires sacrifice, suffering and struggle; the tireless exertions and passionate concern of dedicated individuals.” – Martin Luther King, Jr.*

### Our Goals

During this time of calls for racial justice and equality in the United States and around the world, Balanced Body is asking what role we can play in working to increase the number of Black teachers in the Pilates and fitness community. In the United States, people of African descent have been systematically disenfranchised since the beginning of slavery over 400 years ago. This has led to decreased opportunities in education and professional advancement. As one of the largest Pilates education programs in the world, we see an opportunity to expand educational and career opportunities for Black instructors through our programs. Our intention is to remove financial barriers and provide safe, supportive and welcoming learning environments where students can explore the life-changing and career enhancing benefits of Pilates. As diversity makes all things stronger, the entire Pilates industry will be elevated as instructors with new perspectives and cultural experiences expand the community.

Becoming a Pilates teacher takes time and effort and in order for you to be successful, we want you to understand what the job requires before you commit to the training program.

Please read the entirety of this paperwork before submitting the application form. We receive many requests for scholarships and each application goes through a rigorous review process to ensure our ultimate goal of developing successful Black Pilates instructors.

### Eligibility and Prerequisites

We are looking for candidates with the following skills and experience:

- Familiarity with Pilates exercises.
  - If you do not have any experience with Pilates, we will require you to take some classes before joining the scholarship program. With so many online classes or streaming services, these prerequisites can be met for free or at very low cost.
  - Ideally candidates have taken a minimum of 20 **live** Pilates Mat or equipment classes and have a basic understanding of the exercises and the principles underlying the Pilates method.
  - If live classes are not available, the ideal candidate will have taken a minimum of 30 online Pilates Mat classes offered **online** through Balanced Body, other programs, or through Pilates Anytime for no cost or a small monthly fee.
- Experience teaching movement, dance, fitness or Pilates or a strong background in dance or athletics.
- A commitment to and love of movement and exercise.
- A desire to bring Pilates into the Black community.

### How the Scholarship Works

- Select Balanced Body Authorized Training Centers (ATC's) and Master Instructors have agreed to offer a limited number of scholarships to Black students interested in becoming Pilates instructors.

- Students can take the full Pilates Mat program either in person or on-line.
- Reformer and Apparatus courses must be taken in person at a participating studio.
- Students will receive a full scholarship for the modules they attend. All course fees, including manuals and videos, are covered by the scholarship.
- **Additional costs such as travel expenses, classes, private sessions or fees for observation hours may not be covered.**
- Additional benefits for scholarship students
  - Balanced Body will include a 2 year subscription to the Balanced Body Streaming Video Service and our library of instructional and workout videos.
  - Pilates Anytime has agreed to include a 1 year subscription to their extensive library of online Pilates classes.
  - Both Balanced Body's Streaming Video Service and Pilates Anytime can provide personal workouts and observation hours at no cost. Each Authorized Training Center sets the percentage of practice hours that can be completed online. Check with your training center for specific requirements.
  - Fusion Pilates Online education ([fusionpilatesedu.com](http://fusionpilatesedu.com)) has agreed to include a 1 year membership to their online apprenticeship program. This is a great resource for teachers in training.

#### **Expectations and Guidelines for Scholarship Students:**

Becoming a Pilates Instructor takes time and energy and we want you to be aware of what you are committing to if you join our program.

In addition to the instructor training courses, you will be expected to:

- Commit to a personal Pilates practice.
- Complete observation hours by watching experienced teachers.
- Complete student teaching hours at a studio, health club or with friends and family.

Completing additional hours

- Students are responsible for keeping track of all their personal practice, observation and student teaching hours.
- Misty and Tonya, the Community Scholarship Program's mentors, will ask for logs and paperwork several times a year to help you move through the program successfully.

For optimum success, we suggest completing all the Mat requirements before continuing on to Reformer classes and all the Reformer classes before beginning the apparatus classes. Staying timely with self-practice, observation, and student teaching hours will help build success.

These are the requirements to earn a certificate of completion for any of the Pilates programs. The Community Expansion Scholarship will cover the costs of the required courses but the **practical hours are not included in the scholarship.**

<b>REQUIRED COURSES</b> Covered by the Community Expansion Scholarship			
MAT	REFORMER	MAT & REFORMER	COMPREHENSIVE
Movement Principles Mat 1, 2 & 3	Anatomy Movement Principles Reformer 1, 2 & 3	Anatomy Movement Principles Mat 1, 2 & 3 Reformer 1, 2 & 3	Anatomy Movement Principles Mat 1, 2 & 3 Reformer 1, 2 & 3 Trapeze, Chair and Barrels OR Apparatus 1, 2 & 3
<b>REQUIREMENTS FOR COMPLETION</b> The scholarship does not cover all costs associated with practical hours. Low and no cost online resources are available for personal practice and observation hours. Student teaching hours may be paid at the discretion of the ATC or employer.			
Practical Hours 20 Mat classes 15 Observation hours 35 Student teaching hours Anatomy (recommended)  <b>Total hours: 134</b>	Practical Hours 30 Reformer classes 30 Observation hours 90 Student teaching hours  <b>Total hours: 214</b>	Practical Hours 70 Mat practical hours 150 Reformer practical hours - <b>Total hours: 332</b>	Practical Hours 70 Mat practical hours 150 Reformer practical hours 35 Apparatus classes 20 Observation hours 95 Student teaching hours  <b>Total hours: 520</b>
Upon completion of the required hours, instructors complete a final written and practical test out to receive their certificate of completion.			

## **Application Process**

These are the steps we take to review each application:

1. If you are interested in pursuing this valuable opportunity, fill out the scholarship application completely and submit it by the appropriate deadline. Incomplete applications will not be reviewed so be sure to fill out the entire application.
2. Applications are only accepted when the portal is open. Applications in 2023 for programs starting in 2024 will be accepted from July 1<sup>st</sup> to August 31<sup>st</sup>. Applications received after August 31<sup>st</sup> will be held until the portal opens again for courses starting in 2025.
3. Each completed application is reviewed by members of our Black Instructor Advisory Board.
4. If the application meets our requirements, you will be contacted to schedule an online interview.
5. During the interview, the application committee will speak with you to explain the requirements of the program, determine your goals, if this program is a good fit for you, and which instructors would be best for you to work with.
6. Based on your interview, the committee will determine if you are eligible for a scholarship and which Authorized Training Center (ATC) you will be working with.
7. Once accepted into the program and matched with a participating ATC, applicants will receive a letter with the course schedule and information on how to register for classes. Letters will be sent out in November and December. The ATC's providing scholarships may begin their course offerings any time of year but the majority start their programs in January or September.
8. If you are not accepted for a scholarship, please review the requirements and you may re-submit your application for the next round.

**If you have any questions about the program or your application, please contact:**

**Tonya Amos at [tonya@aspirepilatescenter.com](mailto:tonya@aspirepilatescenter.com)**

**Misty Lynne Cauthen at [mistyllynne@dragonflypilates.com](mailto:mistyllynne@dragonflypilates.com)**

**Helene Rothman at [helene.rothman@pilates.com](mailto:helene.rothman@pilates.com)**

We are excited about this new aspect of our Instructor Training program and look forward to many incredible teachers joining the Pilates community to create a more expansive and inclusive experience.

## **Common Questions**

*How long do I have to complete the program?*

The time to complete the program is variable. On average, the comprehensive program takes 18 months to 2 years to complete. You will receive more details based on the program that you enroll in.

*How much will it cost for me to obtain practical hours or observation hours?*

The cost will vary per studio. We encourage you to discuss this with your ATC prior to the start of your training. Resources for free and low cost online training are available for observation and self practice hours.