

Community Expansion Program

Here's the info for the [Balanced Body's Community Expansion Program](#). The scholarship portal will re-open July 1-15th, 2024. Please read it thoroughly before deciding if applying to the program is the right fit for you at this time. The program is very intense (and wonderful!), so starting it when you have the bandwidth is important.

If you are looking for information on the [Joyful Movement Whole Life Program](#) from [Grown Women Dance Collective](#), click [Here](#). *The Joyful Movement scholarship is a separate program from the Balanced Body program.*

The below information is for the scholarship program where Balanced Body is leveraging their national and international studios to offer scholarships around the country, internationally, and online. Please click this link to the [Pilates studios](#) where slots are available in 2024/2025. More slots and studios may become available, and studio availability is subject to change.

There is a lot of information here to digest. Please read this over thoroughly before deciding whether to apply and fill out an application. After completing the application, you will receive a confirmation that Balanced Body has received it.

A. How to Apply

1. Go to the Balanced Body website to learn more about the [Diversity In Pilates initiative](#).
2. Read the program details and fill out the [application](#) when the portal re-opens.
3. We urge you to fill out the application thoroughly, as scholarship spots are competitive. Incomplete applications will be ranked at the bottom of the applicant list.
4. Many studios will be online or hybrid due to Covid protocols. Things are continually fluid.
5. Please note that most courses are Fri/Sat/Sun or Sat/Sun. Fridays are often afternoon & evening, Saturdays & Sundays are usually 8 hours per day. Most programs meet one or two weekends per month, based on studio schedules.

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6. After filling out an application, you will receive an automatic confirmation. Please keep an eye out for a potential interview slot, which will take place in September and October of the year you apply.
7. 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.

B. Application Review:

1. Your application is reviewed by members of Balanced Body's Black Instructor Advisory Board.
2. If your application meets the program's scholarship requirements, you may be contacted to schedule an online interview.
3. 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. Please read all of the program information thoroughly before your interview.
4. 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.
5. If you are not accepted for a scholarship, please review the requirements and you may re-submit your application for the next round.

C. Time Frame

The ATC's (participating studios) that provide scholarships offer classes at various times of the year, but courses typically begin in January and August. **Scholarship applications may be received at any time that the scholarship portal is open (July 1-15th)**, but they will be evaluated and acceptance letters will be issued during the fall.

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Interviews Begin:	Acceptance Letters Issued:	Courses start between the months of:
September/ October	December	January and August

D. Program Overview

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

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

1. Familiarity with Pilates exercises.
 - A. 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.
 - B. 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.
 - C. Or if live classes are not available, the ideal candidate will have taken a minimum of **30 online** Pilates Mat classes. For no cost or a small monthly fee, online classes are offered through streaming services such as Balanced Body or Pilates Anytime.
 - D. Experience teaching movement, dance, fitness, Pilates or a strong background in dance or athletics.
2. A commitment to and love of movement and exercise.
3. A desire to bring Pilates into the Black community.

E. Expectations and Guidelines for Selected Scholarship Students

1. Time commitment and program requirements. In addition to the instructor training courses, you will be expected to:
 - A. Commit to a personal Pilates practice
 - B. Complete observation hours by watching experienced teachers

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- C. Complete student teaching hours at a studio, health club or with friends and family.
2. To complete the **Mat Instructor Training** you will need to:
 - A. Take 20 or more group Mat classes
 - B. Observe at least 15 Mat classes
 - C. Complete 35 student teaching hours
3. To complete the **Mat + Reformer Instructor Training** you will need to do the **following in addition** to the requirements for the Mat Instructor Training:
 - A. Complete the Anatomy requirement.
 - B. Take 20 or more group Reformer classes
 - C. Observe at least 15 Reformer classes
 - D. Complete 90 student teaching hours
4. To complete the **Comprehensive Instructor Training** you will need to do the **following in addition** to the requirements for the Mat and Reformer Instructor Training:
 - A. Take 35 group and/or private Apparatus classes
 - B. Observe at least 20 Pilates Studio classes
 - C. Complete 95 student teaching hours
5. Pass the **final written and practical exam** for your chosen certification level.
6. While **completing additional hours** students are responsible for keeping track of all of their personal practice, observation and student teaching hours.
7. For optimum success, we suggest you complete all of your Mat requirements before continuing on to your Reformer classes and all of your Reformer classes before beginning your apparatus classes. Staying timely with your self-practice, observation, and student teaching hours will help build success.
8. Students that are not on track with their practical hours or progressing with the work may not progress to the next level of training, and may be removed from placement until the following round or year. Scholarship placement may not be guaranteed in the following cohort, as priority will be given to new students entering the program.

F. Online and In-Person training

1. Online training requirements
 - A. In order to pass each module you must attend all the hours of the training with your camera on.

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- B.** Should you miss time in the training due to internet issues or for personal reasons, you will need to make up all of the hours missed with your studio's Master Instructor.
 - i.** They may charge fair market rate for the make-up time at their discretion. (Fair market rate is often \$100+ per hour.) Make-up hours are not part of your scholarship, so you will be responsible for these fees for missing training hours with your class.
 - ii.** Students will not progress to the next level until make-up time is complete.
 - iii.** Frequent missed sessions may result in removal from the program.
- 2.** Online course availability
 - A.** Currently, Movement Principles, Mat 1, Mat 2, Mat 3, Reformer 1 and Reformer 2 will be offered in both online and in-person formats. As Covid restrictions ease, the program and industry will change, so online Reformer training may end at some point. This timing is TBA and not currently foreseeable.
 - B.** If working online, you will be responsible for arranging access to the necessary equipment for Mat and Reformer classes. That equipment includes:
 - i.** Mat 3 equipment:
 - a.** 3 feet by 6 inch foam roller
 - b.** Pilates ring
 - c.** Light to medium long resistance band
 - d.** Togu ball or equivalent.
 - ii.** Reformer 1 and 2:
 - a.** Balanced Body Reformer (other Reformers may be accepted on a case by case basis.)
 - b.** Sitting box
 - c.** Padded standing platform (AKA jump board)
 - C.** You will also be responsible for identifying an ATC (participating studio) where you can complete your practical coursework.
- 3.** Reformer 3 and all of the apparatus modules will only be offered in person.
 - A.** If there is no Balanced Body participating studio (ATC) near you, in order to complete Reformer 3 and Apparatus work (Trapeze Table, Barrels, Chair), you will need to:
 - B.** Travel to take these courses or

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the Post-Covid world is evolving, Balanced Body will have more information on potential ways to continue training.

COMMON QUESTIONS:

What else is included in the scholarship?

Currently, the following items are also included in the scholarship award:

- A two year subscription to the Balanced Body Streaming Video Service and our library of instructional and workout videos
- A one year subscription to the Balanced Body extensive library of online Pilates classes
- A Fusion Pilates Online education (fusionpilatesedu.com) has agreed to include a 1 year membership to their online apprenticeship program. This is a great resource for teachers in training.

How do I get my in-person hours if the studios in my area are closed due to COVID-19?

As we're not sure how long Covid-19 will continue to affect studio operations, this question is currently difficult to answer. Please know we're in active contact with all participating studios (ATC's), and will keep you informed of any changes related to COVID-19 protocols.

How long do I have to complete the program?

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

I understand that the Balanced Body Teachers Training weekends are scholarshiped. How much will it cost for me to obtain practical hours or observation hours that are needed for testout?

You have the ability to do your practical hours (Self Practice/ taking Pilates classes, Observation, Practice Teaching) at any studio of your choice. Misty and Tonya will guide you on best practices about success with your hours and class environments. Because these practical hours can be done at studios of your choosing, the cost will vary per studio. We encourage you to discuss class prices with your ATC or other studios in your

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area prior to the start of your training. Resources for free and low cost online practical training are available for observation and self practice hours.

**If you would like information on the [Grown Women Dance Collective's Joyful Movement Whole Life Program](#), please reach out at Tonya@GrownWomenDance.org. The Joyful Movement scholarship is a separate program from the Balanced Body program. Grown Women Dance Collective will be accepting applications from Bay Area residents in late 2023 for the 2024 cohort, Find more information [HERE](#).*

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www.AspirePilatesCenter.com

www.GrownWomenDance.org