



## **Drexel Pilates Training Program Apprentice 1 Information Packet 2026-2027**

### **About our Apprentice 1 Program:**

The Apprentice 1 Program is part of the Drexel Pilates Training Program, which runs from September through June and is divided into three modules: Pilates Mat, Mixed Equipment, and Reformer. Apprentice 1 participants serve as practice clients for Apprentice 2 trainees as they complete their training and certification requirements.

By applying to and accepting a position in the Apprentice 1 Program, you agree to attend one practice private session per week throughout the program year and to serve as a practice client for two Apprentice 2 pedagogy exams, which are typically held on Friday afternoons or evenings. Consistent attendance and active participation are essential to supporting the learning process of both Apprentice 1 and Apprentice 2 trainees.

If you have not previously been a client at the Drexel Pilates Studio, you will be required to complete at least one paid session with a senior instructor prior to beginning the program. Apprentice 1 participants are expected to provide at least 24 hours' notice for any session cancellation. Failure to meet attendance or cancellation expectations may result in removal from the Apprentice 1 Program.