



## **Drexel Pilates Training Program Apprenticeship 2 Information Packet 2026-2027**

### **About Drexel Pilates:**

Drexel Pilates is an active and growing Pilates community that includes a fully equipped studio, personalized instruction, mixed equipment classes, mat classes, and its trademark 450-hour Drexel Pilates Training Program. The studio operates as a subsidiary of the Drexel Performing Arts Department. We are located on the Drexel Campus at 3300 Race St. We offer educationally oriented training and studio services.

### **About the Drexel Pilates Training Program:**

The Drexel Pilates Training Program is designed to impart the full classical Pilates repertoire through the contemporary lens of clear biomechanics, sound pedagogy, dedication, and rigor. This 450-hour comprehensive training program ushers a cohort of Apprentices through each 1-year cycle. The year is structured in three modules—mat work in the fall, mixed equipment in the winter, and reformer in the spring. The cycle of each module is made up of immersive training weekends, weekly practice and training hours, and evaluations that include written, performance, and pedagogy testing. Apprentices receive significant contact time as both a teacher and a practitioner. Our objective is to yield passionate and knowledgeable teachers who perform the work at a high level of integration and have a safe, confident, comprehensive sense of themselves as Pilates educators. Founder and Director, Jennifer Morley, is supported by Leadership Team members Jessica Kroboth and Sera Arefaine, as well as Drexel Pilates Studio's experienced Instructors.

### **Statement of Belonging**

Drexel Pilates is committed to cultivating and preserving a culture of inclusion and connection. A range of diverse perspectives within our community vastly increases our potential to grow and learn, both in the Pilates method and in our human experience.

Our intention is to celebrate each member of our community for the fullness of their lived experience. In addition, we respect and celebrate the needs of clients in all identity expressions, physical bodies, and levels of practice. We are active in the significant ongoing work toward equity and inclusion in the Pilates field, and we remain open to your feedback as we grow.



# Drexel Pilates Training Program Components Overview

## Intensive Training Weekends

- 6 total weekends throughout the program (see schedule for exact dates)
- **Fridays:** 6:00–9:00 PM
- **Saturdays & Sundays:** 9:00 AM–4:00 PM

## Written Worksheets & Tests

- Assigned alongside each training weekend and at the end of each term
- Completed via **Blackboard Learn**
- Includes theory, anatomy, and written reflection/practice prompts

## Rotations (1 hour/week)

- Small groups (3–4 apprentices) meet weekly with a leadership team member
- One apprentice teaches each week, rotating through the group
- Serves as both **teaching practice and physical practice**, as well as a weekly check-in

### Rotation Times (assigned):

- Monday at 7:00 AM
- Monday at 5:30 PM
- Friday at 11:00 AM

## Private Sessions (1 hour/week)

- Weekly sessions with a Senior Instructor or the Director
- Supports embodiment of material and development of a strong personal practice

## Practice Privates (2 hours/week)

- Teach two practice clients each week
- Opportunity to apply material and build teaching skills

## Observations (5 hours per term)

- Observe senior instructors teaching
- Focus varies by term:
  - Fall: Apprentice private sessions
  - Winter: Mixed equipment classes
  - Spring: Studio private sessions

### **Performance & Pedagogy Tests (2–3 per module)**

- Material is introduced in seminars, practiced, and then assessed
- Apprentices are evaluated on both **performance and teaching**
- **Testing times:** typically, Fridays, 3:00–7:00 PM (see calendar for dates)

### **Mat Class Teaching (January–June)**

- Instruct 3 classes and attend 7
- Opportunity to gain experience teaching in the studio and explore creativity

#### **Class Times:**

- Wednesdays at 6:00 PM
- Thursdays at 6:30 PM
- Fridays at 9:00 AM

### **Self-Practice (2 hours/week)**

- Independent practice to embody and integrate the movement vocabulary

# Program Preparation

## Program Entry: Evaluation Session

During this one-hour session, the Apprentice demonstrates the intermediate mat work, flowing through unprompted from beginning to end. The leadership team member assesses each evaluating apprentice for placement in the appropriate program. The evaluation concludes with a review of program components.

The evaluation is the opportunity to familiarize yourself with the structure and expectations of the training program and for Drexel Pilates to ensure that your level of expertise is consistent with the demands of the intensive weekends.

Upon placement in the program, the leadership team will recommend optimal preparation based on your personalized evaluation feedback.

To optimize the likelihood of being placed in the Apprentice 2 cohort, work on the following:

- Learn the intermediate mat work. This includes exercise names, order, and form.
- Be ready to flow through without pause and without referencing materials. Modifications are welcomed.
- Understand the connection of breath to movement.
- Demonstrate strong alignment and spatial awareness, showing safe, confident execution.

## Evaluation Preparatory Services:

You may choose one of the following options to prepare you for your evaluation session. Please communicate your evaluation preparatory plan with the Program Coordinator.

**Private Sessions** (1-3): meet with a senior instructor to work through the intermediate mat vocabulary to prepare for the evaluation. (\$80/session)

**Small Group Training** (4 weeks, meet once per week): a group of folks interested in the program will meet with a senior and work through the intermediate mat order. (\$120/4 weeks)

**Video Rental:** Flow through the intermediate mat order alongside senior instructor and studio manager, Jessica Kroboth. Best used in conjunction with another preparatory option. (\$15/month or \$50/unlimited until Sept 1st).

## Drexel Pilates Training Program 2026-2027 Pricing Structure

Use the chart below as a reference for the program cost breakdown. Please note that the pricing is different based on your affiliation to Drexel. The Community Member Pricing is for folks who are not currently enrolled as students at Drexel.

**Private sessions:** can be paid for all at once at the beginning of the module or week by week.

**Module fee:** covers the cost of training weekends, rotations, testing, and studio access for practice privates and self-practice.

*Payment plans for the module fee are available upon request.*

Item	Cost	Breakdown	Due Date
Evaluation	\$80		At Evaluation (July)
Materials (Books)	\$180	Theory & Practice, Mat, Mixed Equipment and Reformer (\$45 each)	Theory & Practice & Mat Books (2 books) prior to Module 1. Mixed Equipment (1 book) prior to Module 2. Reformer (1 book) prior to Module 3.
Apprentice Private Sessions	\$2400	\$80/session x 30 sessions (across all 3 modules)	You can pay for your sessions weekly, monthly or per module.

### Community Member Pricing (Not enrolled as a student at Drexel)

Module Fees	\$2250	\$750/Module x 3 Modules	You will pay prior to the start of each Module. September 1 <sup>st</sup> , 2026 December 1 <sup>st</sup> , 2026 March 1 <sup>st</sup> , 2027.
Community Member Program Total Cost	\$4830	\$180+ \$2400 + \$2250 (Materials, Apprentice Privates & Module Fees)	

### Drexel Student Pricing (non-Dance-Major)

Module Fees	\$750	\$250/Module x 3 Modules (Materials, Apprentice Privates & Module Fees)	You will pay prior to the start of each Module. September 1 <sup>st</sup> , 2026 December 1 <sup>st</sup> , 2026 March 1 <sup>st</sup> , 2027.
Community Member Program Total Cost	\$3330	\$180 + \$2400 + \$750	

### Drexel Dance Major Pricing

Module Fees	\$375	\$125/Module x 3 Modules (Materials, Apprentice Privates & Module Fees)	You will pay prior to the start of each Module. September 1 <sup>st</sup> , 2026 December 1 <sup>st</sup> , 2026 March 1 <sup>st</sup> , 2027.
Community Member Program Total Cost	\$2955	\$180 + \$2400 + \$375	

# Drexel Pilates Training Program 2026-2027 Training Calendar

Testing: Fridays 3:00-7:00 pm, Rotation Times

Weekend Trainings: Friday 6:00-9:00 pm, Saturdays 9:00-4:00, Sundays 9:00-4:00

## Fall Mat Module

September 1: Installment 1 Due

September 11: Worksheet #1 opens on Blackboard

September 19: Worksheet #1 due

September 18–20: Beginner/Intermediate Mat Module (w1)

September 21: Drexel Fall term begins, Yom Kippur

Private Sessions, Rotations, and Practice Privates begin weekly.

October 2: Beginner Mat Test (Friday 3:00–7:00)

October 12: Indigenous People's Day

October 16: Intermediate Mat Test

October 16: Worksheet #2 Portal uploaded

October 23: Worksheet #2 Due

October 23–25: Advanced Mat Module (w2)

November 20: Adv Mat Pedagogy 1 during rotation

November 23: Adv Mat Pedagogy 2 and 3 during rotation

November 24: Adv Mat Pedagogy 4

November 26: Thanksgiving

November 27: Advanced Written Test and Anatomy Practical Test uploaded

November 30: Adv Mat Pedagogy 5 and 6 during rotation

December 1: Adv Mat Pedagogy 7 during rotation

December 4: Adv Mat Pedagogy 8 during rotation, Performance Test (3:00–7:00), Written Test Due, Installment 2 Due

December 8–12: Drexel Final Exams

## **Winter Mixed Equipment Module**

December 25: Worksheet #3 opens

January 1: Worksheet #3 Due

January 1–3: Cadillac Barrel Weekend (w3)

*HOLD Friday January 8 6:00–9:00 as New Year's Day contingency plan*

January 4: Drexel winter term begins

January 18: MLK Day

January 29: Cadillac Barrel Pedagogy and Performance Test

January 29: Worksheet #4 uploaded

February 5: Worksheet #4 Due

February 5–7: Chair Barrel Weekend (w4)

March 5: Mixed Equipment Written Test uploaded

Week of March 8: Anatomy Practical Tests During Rotations

March 12: Chair Barrel Test, Written Test Due, and Installment 3 Due

March 15–19: Drexel University Finals Week

March 22–26: Drexel University Spring Break

## **Spring Reformer Module**

March 12: Worksheet #5 Uploaded

March 19: Worksheet #5 Due

March 19–21: Beginner/Intermediate Reformer Weekend (w5)

March 28: Easter

March 29: Drexel Spring Term Begins

Private Sessions, Rotations, and Practice Privates begin weekly.

April 9: Beginner Reformer Test

April 23: Intermediate Reformer Test

April 30–May 2: Advanced Reformer Weekend (w6)

May 9: Mother's Day

May 24: Pedagogy and Anatomy Practical Tests during Rotation

May 28: Final Written Exam uploaded

May 31: Memorial Day

June 1: Pedagogy and Anatomy Practical Tests during Rotation

June 4: Pedagogy and Anatomy Practical Tests during Rotation

June 4: Final Written Exam due

June 4: Advanced Reformer Showcase

## **Program Completion**

June 7–11: Drexel University Finals Week, Component Completion Review Uploaded

June 11: 9:00–7:00 Comprehensive Exam Times, Option 1

Week of June 14: Begin 4-week Comprehensive Exam Prep Small Group

July 12: 9:00–7:00 Comprehensive Exam Times, Option 2

*2026-2027 Drexel Pilates Program Calendar is subject to change*



## **Additional Information**

### **Additional Resources**

3D 4 Medical: Essential Anatomy 5: \$15-20 in app store

“Return to Life Through Contrology” by Joseph Pilates: price varies, can be found online

“The Pilates Teacher’s Toolkit” by Jennifer Morley

### **Possible Supplementary Costs**

Replacement Services: \$80 per hour

Late Cancel Fees: No-shows or cancellations within 24 hours will be charged 100% of the service cost.

### **FAQs**

#### **I’m not a Drexel student. Can I still do this program?**

*The Drexel Pilates training Program is open to everyone.*

#### **I have a traditional 9-5 job. Can I still do this program?**

*Yes--there is some flexibility in scheduling. We have had many people with both traditional 9-5 work hours and children complete the training program.*

#### **I plan to drive to the studio. Is there parking?**

*There is metered street parking around the recreation center and 3 parking garages within one block of the studio. If you park a few blocks from the studio, you may be able to find free parking.*

#### **How close is the studio to public transportation?**

*The studio is very accessible via public transit. The trolley/subway surface lines, Market-Frankford lines, multiple bus lines stop within one block of the studio. The studio is also just 3 blocks from 30<sup>th</sup> street station for regional rail and Amtrak access.*

#### **How do I pay for the program?**

*The program is typically paid for one module at a time. See information packet for a breakdown of the cost. Payment can be made using a card/apple pay, cash, or check.*

#### **What does the cost of the program cover?**

*The cost of the program covers the intensive training weekends, private sessions, testing, observation time, and studio access for practice privates and self-practice.*

#### **What are the weekly commitments?**

*Weekly commitments: 1 private session with a senior instructor, 2 practice private sessions, 1 rotation, 1-2 hours of self-practice and 1 observation hour.*

**Can I just do one module?**

*The Drexel Pilates Training Program content is designed to build on itself from the start of the program in September to the end of the program in June. We can only offer the comprehensive certification for completing all 3 modules.*

**What if I have an immovable conflict with a test or training weekend?**

*It is ideal if you are present for all scheduled times. If you need to make up a test or missed content, you will be responsible for the extra fees associated. We ask that you let us know as soon as you can so we can schedule extra services as needed. A plan of action will be assigned to make up any missed hours.*

**Can I use the studio for self-practice?**

*Yes! We encourage you to use the studio space for your physical practice. We have select times (such as during classes) that the studio will be unavailable. The restricted/unavailable times are clearly communicated with apprentices at the start of the year and are reviewed at the beginning of each module. We encourage apprentices to use our online scheduling system as the most accurate studio availability reference.*

**What is Drexel's academic calendar?**

*You can use the following link to see Drexel's Academic which will include University holidays/days when the university is closed: <https://drexel.edu/provost/policies-calendars/academic-calendars/>*