

A photograph of two women in a Pilates studio. One woman, wearing a white Pilates outfit, stands on the left side of a reformer machine, holding a strap. The other woman, wearing a black Pilates outfit, stands on the right side, also holding a strap. They appear to be preparing for or in the middle of a Pilates session. The studio has large windows in the background, a wooden floor, and a potted plant on the right.

Whitney Johnson Pilates
Apprenticeship Program Outline

ABOUT THE PROGRAM

The Whitney Johnson Pilates (WJP) Apprenticeship Program is 700 hours of personalized comprehensive teacher training designed to prepare apprentices to successfully teach the traditional Pilates method as created by Joseph Pilates. This is a rigorous program committed to preserving the integrity of the traditional Pilates method as it was passed down from multiple second generation instructors of Romana's lineage as well as first generation Pilates instructor, Jay Grimes, and his students. But what does that mean? Simply put, the WJP Apprenticeship Program teaches Joe's exercises in Joe's order on Joe's apparatus.



This is a true apprenticeship experience with personal attention and direct mentorship. Each Apprentice will work one on one with Whitney Johnson to learn the material at their own pace, working on exactly what they need when they need it. Apprentices will be trained on all major Pilates apparatus as well as the smaller accessories designed by Joe:

The Mat
Reformer
Cadillac
Wunda Chair
High Chair (Electric Chair)
Arm Chair

Spine Corrector/Small Barrel
Ladder Barrel
Guillotine
Ped-o-Pul
Magic Circle
The Wall

Hand Weights
Toe Corrector
Neck Stretcher
Foot Corrector
Breath-a-cizer
Sandbag (Bean Bag)
Push Up Device

Approval for Enrollment is at the sole discretion of Whitney Johnson.



PREREQUISITES

First and foremost, due to the rigorous nature of the program, applicants will be expected to have a consistent pre-existing Pilates practice. The practice of other movement modalities will not be accepted as comparable experience. This program is not designed to be your first exposure to the Foundational/Intermediate Pilates exercises, but rather to refine and harness your practice in preparation for teaching the method. Applicants should have taken at least 20 Private session at WJP or with an approved teacher prior to applying (contact Whitney to see if your current session hours qualify).

Additionally, applicants will need to do the following:

- Obtain medical clearance for exercise
- Submit Program Application
- Schedule and complete a 90 minute Exercise Assessment (non-refundable \$175 deducted from Tuition balance if approved for Enrollment)

Once accepted into the program, apprentices will need to obtain trainer insurance, sign an Enrollment Agreement, and pay the non-refundable \$2000 Deposit, which will be deducted from the remaining Tuition balance.

PROGRAM OBJECTIVES

Upon completion of this program, you will;

- Understand and be able to employ the Pilates method as a system.
- Know the exercises and common modifications/variations.
- Understand how to harness the method to address body-specific needs with the ultimate goal of bringing the body back into balance with stretch, strength, and control.
- Be able to work with and address multiple body types, needs, injuries, and conditions.
- Know basic anatomy of movement, Pilates history and current issues within the Pilates community.
- Know how to teach on all Pilates apparatus: The Mat, Reformer, Cadillac, Wunda Chair, High Chair (Electric Chair), Arm Chair, Spine Corrector/Small Barrel, Ladder Barrel, Guillotine, Ped-o-Pul, Magic Circle, Wall, Hand Weights, Toe Corrector, Neck Stretcher, Foot Corrector, Breath-a-cizer, Sand Bag (Bean Bag), Push Up Device.



PROGRAM BREAKDOWN

The Program requires a minimum of 700 hours to be completed in full in order to qualify for certification through Whitney Johnson Pilates.

System Workshops: 60hrs.

Each System Workshop will be devoted to one specific level in the System: Foundational, Intermediate I, Intermediate II, and Advanced. Time will be spent learning the exercises, teaching tools, and applied anatomy of movement. Apprentices will be expected to move as well as practice teaching the exercises. The end of each workshop will be spent putting together a lesson plan for a theoretical client.

Failure to attend any of these mandatory workshops may be considered grounds for immediate dismissal from the program without refund.

Private Sessions & Apparatus Classes: 48 hrs.

24 Private Sessions and 24 Apparatus Classes are included in Tuition to be divided equally between each system (6 Private Sessions and 6 Apparatus Classes per System). Additional Private sessions can be scheduled at the discounted apprentice rate. Additional Apparatus Classes can be scheduled at the standard Group Class rate. These sessions must be in-studio (not virtual).

This averages to 1 Private Session and 1 Group Class every other week to keep steadily advancing towards each System Test Out. These hours can be used towards Self Practice Hours.

Self Practice: 152 hrs.

Self Practice hours are to be divided equally between each System (50 hrs/system). Apprentices are welcome to complete more than 50 hours of Self Practice per system; however, these additional hours will not count towards the required total.

Self Practice hours can include Private/Duet Sessions, Apparatus Classes, and Open Gym Hours (*each of these sessions will count towards 1 full hour*) as well as independent practice completed at the studio.

Observation: 200 hrs.

Observation hours are to be divided equally between each System (50 hrs/system). Apprentices are welcome to complete more than 50 hours of Observation per System; however, these additional hours will not count towards the required total. Observation hours must be completed in-studio unless otherwise stipulated and approved by Whitney Johnson specifically.



PROGRAM BREAKDOWN

Practice Teaching: 200 hrs.

Practice Teaching hours are to be divided equally between each System (50 hrs/system). Apprentices are welcome to complete more than 50 hours of Practice Teaching per System; however, these additional hours will not count towards the required total.

Apprentices are responsible for providing their own bodies for Practice Teaching. It is generally recommended to start practice teaching on other apprentices, friends, and family to gain familiarity and comfortability with cuing and constructing a cohesive session.

Apprentices should use this time to work with as many different bodies as possible to gain a wide breadth of experience. Each body has different needs and abilities, so it is imperative to become comfortable working with as many different bodies as possible. Over time apprentices will be able to work with clients from any background; however, it is unrealistic to expect to have these skills at the outset of training. Apprentices are expected to confer with a certified Whitney Johnson Pilates teacher if they encounter a body, injury, etc. they are unsure how to address.

Apprentices will be allowed to practice teach during other ongoing sessions; however, apprentices will be expected to yield to working instructors should they need to use a specific apparatus.

Apprentices may be invited to assist during classes led by a certified instructor at the sole discretion of Whitney Johnson.

Required Reading & Homework: 32 hrs.

Apprentices will be assigned required reading and homework prior to each System Workshop. This will focus on Pilates History, Anatomy, and Current Issues in the Pilates Community.

System Exams: 8 hrs.

Upon the completion of all required hours for each System, Apprentices will complete a 2 hour System Exam, which will include both a written and practical component. These exams are evaluated as Pass/Fail and must be passed before completing hours for the next System. During the practical component, apprentices will be expected to teach a realistic session to a client at the corresponding level of the System Exam.

In the event that an apprentice fails to pass their test out:

- The first failure will require an additional 10 hours of study in the components and distribution of the administrator's choosing prior to retesting. *This may incur additional cost for Privates or Classes.*
- The second failure and each additional failure will require an additional 25 hours in the components and distribution of the administrator's choosing prior to retesting. *This may incur additional cost for Privates or Classes.*

All retests will be subject to an additional \$150 retest fee as this additional time is not included in the original program tuition.



ATTENDANCE POLICY



Attendance is required for all components of the program to qualify for completion and certification by Whitney Johnson Pilates. Should an apprentice miss any training, it is their responsibility to make up any lost time, possibly at additional cost. All Private Sessions and Group Classes are subject to the studio's 24 hour Cancellation Policy.

TEACHING OPPORTUNITIES

At the discretion of Whitney Johnson, apprentices who pass their Foundational System Exam qualify to start Apprentice Teaching. This is an opportunity to earn credit towards Private Sessions at Whitney Johnson Pilates while making progress towards Practice Teaching Hours.

Private Sessions taught by Apprentices are offered at a discounted rate, which allow Apprentices to build their teaching skills while providing clients the opportunity to take Private Sessions at a more accessible rate.

System Exam Passed:	Rate:	Credit Received (40%):
Foundational	\$40	\$16
Intermediate I	\$45	\$18
Intermediate II	\$50	\$20



PROGRAM COSTS

TUITION

\$8256 paid in full*

-OR-

\$1,165/mo. for 6 months

initiated at least one week prior to Program Start Date
(after mandatory \$175 Exercise Assessment Fee and non-refundable
\$2000 Enrollment Deposit)

Contact for Bridge Pricing

INCLUDES

4 System Workshops
24 Private Sessions
24 Group Classes
4 System Exams

Training Manual
Access to the studio for Self
Practice, Practice Teaching, and
Observation.
Personal guided mentorship with
Whitney Johnson.

**This includes the mandatory Exercise Assessment Fee and non-refundable
Enrollment Deposit. Must be paid at least one week prior to Program Start Date*

APPRENTICE DISCOUNTS

Whitney Johnson Pilates offers a discount to apprentices for Private Sessions and Duets. There are no discounts for Group Classes.
Pricing subject to change.

Private: \$80/ea.
Duet: \$55/ea.*

*If taking a Duet with a non-Apprentice, only the
Apprentice qualifies for the Apprentice discount.*

TIMELINE

The program is designed to be completed in **1 year**, dedicating **3 months to each System**. That being said, 6 month's leeway will be given to accommodate retesting and any other personal matters that may affect scheduling.

*Apprentices will NOT be allowed any longer than
18 months to complete their training. Failure to
complete the program in 18 months from the
Program Start Date will result in expulsion from
the program and a forfeit of all program fees.*



MATERIALS & ADDITIONAL COSTS

TEXTS: (required)

Return to Life Through Contrology, by Joseph Pilates and William Miller
Your Health, by Joseph Pilates
Concise Book of Muscles, by Chris Jarmey. 4th edition.

OTHER MEDIA: (recommended)

www.pilatesology.com subscription service. See Whitney Johnson for approved teachers/videos.

INSURANCE: (required)

Apprentices are required to purchase Professional Liability Insurance as a Pilates Instructor prior to starting their Apprenticeship. Apprentices must provide a Certificate of Insurance to Whitney Johnson Pilates and add Whitney Johnson Pilates, with address, as additional insured.

208 South 4th Ave., Floor 2
Ann Arbor, MI 48104

OPTIONAL:

The Anatomy Coloring Book, by Elson & Kapit.
Get to Know Joe Pilates, by Cathy Strack
Love All Around, by Cathy Strack
Caged Lion, by John Howard Steel
Voices of Classical Pilates, by Peter Fiasca, Amy Bergesen, Suzanne Diffine

CANCELLATION & REFUND POLICY

There are NO REFUNDS. In the event that an Apprentice chooses to discontinue their participation in the program, they agree to forfeit their tuition in full and remit any unmade payments on the originally agreed upon schedule.





Whitney Johnson Pilates

APPRENTICESHIP PROGRAM

DATE OF APPLICATION

/ /
m m d d y y

2024 APPLICATION

YOUR INFORMATION

Full Name:

Preferred Name: Phone:

Date of Birth: / / Email:
m m d d y y

Address:

City: State: Zip:

Emergency Contact: Phone:

Relationship: Email:

YOUR BACKGROUND

Do you have an existing Classical Pilates practice? Yes No

With who(m) and at what studio(s) do you practice?

What types of session do you currently take? (Please mark all the apply)

Privates Duets Semi-Private Groups Open Gym



Whitney Johnson Pilates

APPRENTICESHIP PROGRAM

YOUR BACKGROUND CONTINUED

How many hours a week do you practice on average?

1 hr/wk

2 hrs./wk

3 hrs/wk

4 hrs/wk or more

Have you taken 20 Private Sessions @ Whitney Johnson Pilates?

Yes

No

Have you taken 20 Private Sessions elsewhere that you would like to submit for consideration?

Yes

No

With who(m) and at what studio(s)?

Email:

Phone:

Are you looking for a job as soon as your graduate?

Yes

No

Do you want to work for Whitney Johnson Pilates?

Yes

No

Are you able to commit at least 12 hrs/week to your training?

Yes

No

Are you aware that the training program will take 12 -18 months to complete?

Yes

No

How do you learn best?

Seeing

Doing

Reading

Hearing



Whitney Johnson Pilates

APPRENTICESHIP PROGRAM

YOUR HEALTH

Do you have any pre-existing health conditions or surgeries (existing or planned) that we should know about that may affect your ability to participate in the training program? Please include any medications.

By signing this, you acknowledge that you are in excellent mental and physical health and that you are not aware of any medical or physical conditions that would prevent your full participation in the training program. You agree to participate at your own risk. Whitney Johnson Pilates is not responsible for any injury that may occur due to pre-existing condition or one that may arise.

SIGNATURE:

DATE: / /
m m d d y y

WORKSHOP DATES (2024 - 2025)

Apprentices are required to attend *all* system workshops. There are no make-ups for failed attendance. By submitting this application, you agree to be available and present for the following dates:

- FOUNDATIONAL: August 9th - 11th, 2024
- INTERMEDIATE I: November 8th - 10th, 2024
- INTERMEDIATE II: February 7th - 9th, 2025
- ADVANCED: May 9th - 11th, 2025

INITIALS:



Whitney Johnson Pilates

APPRENTICESHIP PROGRAM

ACKNOWLEDGEMENTS

I, _____ (full name), certify that my answers are true and complete to the best of my knowledge. If this application leads to my acceptance into the Whitney Johnson Pilates Apprenticeship Program, I understand that false or misleading information in my application or during my Exercise Assessment may result in my release from the program with no refund.

I understand that the required 90 minute Exercise Assessment and Discussion will cost \$175 and that this fee is non-refundable regardless of whether or not I am approved for enrollment. If approved for enrollment, this fee will be deducted from my remaining Tuition balance. Furthermore, if approved for enrollment in the Whitney Johnson Pilates Apprenticeship Program, I understand that I will need to pay a **non-refundable \$2000 Enrollment Deposit** to hold my place in the program. This amount will be deducted from my remaining Tuition balance. Should I pay this deposit and choose not to proceed with the program, I understand that this deposit is forfeit and will not be refunded.

After the Exercise Assessment Fee and Enrollment Deposit have been paid, the remaining Tuition will be paid in one of two ways: (1) IN FULL at least 1 week prior to the first System Workshop or (2) in 6 equal consecutive monthly installments initiated at least 1 week prior to the first System Workshop as outlined in the Whitney Johnson Pilates Apprenticeship Program Outline. Once these payments are initiated, I understand that I will be held responsible for the full remainder of the Tuition fee and that these payments are non-refundable regardless of program completion.

By signing and submitting this application, I agree to these terms.

PRINTED NAME:

SIGNATURE:

DATE:

<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>
m	m		d	d		y	y

Please complete this application and return to Whitney Johnson Pilates in studio or through email at info@whitneyjohnsonpilates.com.

EXERCISE ASSESSMENT

The 90 Minute Exercise Assessment will take the form of an observed self-guided workout followed by a handful of exercises guided by Whitney Johnson and a discussion. Applicants will be expected to perform full repetitions of the following exercises and will be assessed on the following criteria: choice of variation (if needed), control, flow, and knowledge of the apparatus.

REFORMER:

Footwork
The Hundred
Short Spine Massage
Coordination
Long Box Series:
 Pull Straps
 T Straps
Long Stretch Series:
 Long Stretch
 Down Stretch
 Elephant
 Elephant One Leg
Stomach Massage Series:
 Round
 Arms Back
 Reach
 Twist
Short Box Series:
 Round
 Flat Back
 Side to Side
 Twist
 Climb-a-Tree
Semi-Circle
Feet in Straps:
 Frogs
 Leg Circles
Knee Stretch Series:
 Round
 Arched
 Knees Off
Running
Pelvic Lift
Side Splits

MAT:

The Hundred
Roll Up
Roll Over
Leg Circles
Rolling Like a Ball
Single Leg Stretch
Double Leg Stretch
Single Straight Leg Stretch
Double Straight Leg Stretch
Criss Cross
Spine Stretch Forward
Open Leg Rocker
Corkscrew
Saw
Swan Prep
Single Leg Kick
Double Leg Kick
Side Kick Series
 Front/Back
 Up/Down
 Small Circles
Teaser 1
Seal
Push Ups

Please note: Whitney Johnson Pilates reserves the right to update this list at any time and without notice

