



OBSERVE
SILENCE



DEEPLY ROOTED TO THE CORE

PILATES TEACHER TRAINING CATALOG 2024-2025

Smart Movement International • OptionsStudio Philippines • Altum Pilates Singapore

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PROGRAM INTRODUCTION

The Smart Movement Classical Pilates Teacher Training Program is a comprehensive program that allows individuals to become fully certified Pilates Teachers. The program consists of different levels of training and assessments, with each level signifying a certain level of proficiency in teaching the Pilates method.

Students can refer to themselves as "trained" once they complete the training part of the program. To advance further, they must undergo practical teaching assessments to become an "apprentice" for the basic or intermediate system. To achieve full certification, students must complete the advanced training and pass both practical and written exams.

The program includes 600 hours of training and ensures that Teachers are knowledgeable in all aspects of the Pilates method. Individuals who have trained in other Pilates programs can bridge into the Smart Movement program, but they must undergo assessments for each seminar to obtain full certification. Overall, the program offers a structured pathway for individuals to become certified Teachers with recognition for their skills and expertise in teaching Pilates.

MISSION & VISION

At Smart Movement International Classical Pilates Teacher Program, our mission is to provide a comprehensive and rigorous education in Classical Pilates, empowering individuals to become skilled and knowledgeable Pilates teachers. We are dedicated to preserving the principles and integrity of Joseph Pilates' original method, while also embracing innovation and modern understanding of movement. Through our program, we aim to foster a community of highly trained and passionate Pilates teachers who can inspire and guide others on their Pilates journey.

Our vision is to establish ourselves as a globally recognized leader in Classical Pilates teacher training, renowned for our unwavering commitment to excellence, integrity, and innovation. We strive to produce highly skilled and knowledgeable Pilates teachers who can make a positive impact on the lives of their clients. We envision a world where Classical Pilates is widely practiced and appreciated for its transformative benefits, and where our graduates are sought after for their expertise and ability to deliver exceptional Pilates instruction. We are dedicated to continuously evolving and adapting our program to remain at the forefront of Pilates education, ensuring that our graduates are equipped with the necessary tools and knowledge to excel in the ever-changing field of movement and wellness.



FOUNDER & PROGRAM DIRECTOR



OLE EUGENIO

PILATES PROGRAM DIRECTOR, SINGAPORE | MANILA

Ole Eugenio is a highly accomplished and renowned Pilates professional, with a wealth of experience and expertise in the field. As the Pilates Program Director for both Singapore and Manila, he has made significant contributions to the fitness industry.

Ole's dedication and skill have been recognized through numerous accolades, including being awarded the prestigious title of Pilates Trainer of the Year for the Philippines in Fitness Best Asia 2021. Additionally, he achieved an impressive 2nd place in the Asia-wide competition, solidifying his position as one of the top Pilates trainers in the region.

With a passion for fitness and bodywork, Ole became the first certified Stott Pilates Teacher in the Philippines in 2000. Since then, he has been appointed as a Lead Teacher Trainer, responsible for training and certifying over 500 trainers in the region. His commitment to excellence and his ability to inspire and educate others have made him a sought-after Teacher and mentor.



FOUNDER & PROGRAM DIRECTOR

OLE EUGENIO

PILATES PROGRAM DIRECTOR, SINGAPORE | MANILA

Ole is not only a Pilates expert but also the owner and founder of OptionsStudio, a chain of Pilates studios across Asia. His vision and leadership have allowed OptionsStudio to become a trusted and respected name in the industry.

In addition to his role at OptionsStudio, Ole is a fully certified Lead Instructor Trainer for Pilates Academy International (PAI) in Asia. He is also a Pilates Head Trainer for SMART MOVEMENT Asia, where he has played a pivotal role in the development and implementation of innovative Pilates programs such as CORE REFORM™ and CORE SUSPEND.

Ole's expertise extends beyond Pilates, as he is a Master Trainer for CORE BARRE, Silk Suspension™, and Cardiolates®. He is also a certified GYROKINESIS® and GYROTONICS® Level 1 & 2 instructor, showcasing his versatility and commitment to staying at the forefront of the fitness industry.

Furthermore, Ole is a certified RedcorNeurac Trainer, specializing in conditioning and rehabilitation. His expertise in pre/postnatal Pilates training and athletic conditioning further demonstrates his comprehensive understanding of the human body and its unique needs.



FOUNDER & PROGRAM DIRECTOR

OLE EUGENIO

PILATES PROGRAM DIRECTOR, SINGAPORE | MANILA

With a comprehensive skill set and a passion for helping others achieve their fitness goals, Ole Eugenio is a true leader in the Pilates industry. His dedication, expertise, and commitment to excellence make him a highly sought-after Teacher and mentor in the field of fitness and mindful movement.

- Owner and Founder of OptionsStudio, Chain of Pilates Studio in Asia
- Fully Certified Master Teacher Trainer for Pilates Academy International (PAI) in Asia
- Fully Certified Master Teacher Trainer Stott Pilates
- Head Trainer for SMART MOVEMENT™ Asia
- Co-Creator of CORE REFORM™
- Co-Creator of CORE SUSPEND™
- Master Trainer for CORE BARRE™
- Master Trainer for Silk Suspension™
- Master Trainer for Cardiolates®
- Certified GYROKINESIS® Teacher
- Certified GYROTONICS® Teacher
- Certified RedcorNeurac Trainer
- Pre/Post Natal Pilates Trainer
- Athletic Conditioning Trainer
- Special Conditioning and Rehabilitation Teacher Trainer



PILATES MENTOR EDUCATORS



FHE SAMIA

PILATES MENTOR EDUCATOR SINGAPORE | MANILA

- Master trainer - Core reform and Core Barre, core systems of smart movement NC, USA
- Teacher Trainer and co-creator - Core suspend core system of smart movement NC, USA
- Master trainer - Silk suspension, New York
- PILATES CERTIFIED - PAI (Pilates Academy International, New York)
- Stott pilates certified -Mat and intensive reformer
- Stott Pilates Teacher - Fully trained Teacher intensive Mat, Reformer, Cadillac, Chair, Ladder and Barrel June 2010 Singapore (Trainer Mr Ole Eugenio)
- Post rehabilitation pilates trainer
- Completed the course, pilates academy international PAI (August 2014)



PILATES MENTOR EDUCATORS



NEIL ALVAREZ

PILATES MENTOR EDUCATOR, MANILA

Neil, a nurse by profession, decided to pursue his dream of working in the health and fitness industry as a Pilates Teacher. He began his journey as a personal trainer at Fitness First, gaining valuable experience for a year.

Currently, Neil has been a Certified Pilates Teacher at OptionsStudio Philippines for 11 years and is still going strong. He is dedicated to teaching his clients the intelligent approach to Pilates, focusing on proper alignment, posture, and ensuring their individual needs are met. Neil prioritizes safety and ensures his clients have a thorough understanding of each exercise.

Drawing from his background in the gym, Neil combines his knowledge with the intelligent techniques of Pilates to provide the best possible results for his clients.

- Certified Personal Trainer
- Stott Mat and Reformer Certified Teacher
- PAI Mat and Reformer Certified Teacher
- PAI Full level 1 Certified Teacher
- Classical Pilates Mat and Reformer Teacher
- Classical Pilates Cadillac, Chair and Barrel Teacher
- Core Suspend Teacher
- Core Reform Teacher
- Core HIIT Teacher
- Cardiolates Teacher
- Pre/Post Natal Pilates
- Post Rehab Pilates Teacher
- AIS Pilates Teacher
- Powerplate Certified Teacher
- Philippine Red Cross First Aid and Basic Life Support Certified



PILATES MENTOR EDUCATORS



CAMILLE JOSON

PILATES MENTOR EDUCATOR, MANILA

Camille Ordinario-Joson spent 22 years as a dancer with Ballet Philippines. Following her retirement in 2010, she underwent training with Ole Eugenio to become a Pilates Teacher. She is now certified in Pilates Academy International, Stott Pilates, and Smart Movement. Camille is currently a member of the Pilates Teacher Trainers at OptionsStudio Manila and Smart Movement.

- Full Certification Pilates Academy International (PAI)
- Full Certification Stott Pilates Teacher
- Full Certification Smart Movement Classical Teacher
- Core Barre Teacher
- Core Reform Teacher
- Core Suspend Teacher



PILATES MENTOR EDUCATORS



JOANNE CHONG

PILATES MENTOR EDUCATOR, SINGAPORE

Joanne Chong embarked on her Pilates journey in 2012, driven by the debilitating pain of plantar fasciitis. Seeking relief, she found herself at a Pilates studio, and within six months of bi-weekly sessions, she not only alleviated her foot condition but also discovered a profound mental clarity and a renewed perspective on life.

After years of teaching, Joanne co-founded Altum Pilates, with the goal of deepening the engagement with Classical Pilates in the community while adhering closely to the foundational teachings and intents of Joseph Pilates himself. As a life-long learner with a particular interest in mentoring the next generation of Pilates teachers, Joanne has studied and trained extensively around the world, from Zurich, Manila, Singapore, to hone and expand her Pilates education and practice.

In Joanne's classes, she aims to bring her clients through every movement and apparatus being tied back to its original purpose, ensuring that the practice remains true to its roots and accessible to all.

- Degree in Applied Science, Sports Administration, University of Canberra
- Smart Movement Original Pilates - All Apparatus
- Smart Movement Functional Anatomy
- The Centre For Women's Fitness: Rocking, Rolling To Release, Support Your Floor, Pre and Post Natal Pilates and Diastasis Recti Recovery
- STOTT® Pilates, Full and Advanced Level Certification
- STOTT® Pilates, Injuries and Special Population
- STOTT® Pilates Jumpboard and Athletic Conditioning
- UnoPilates Principles of Guidance
- EBFA Neurosensory Specialist Certification
- EBFA Barefoot Training Specialist Level 2
- Scolio-Pilates® Level 3, Practitioner
- Cancer Exercise, Cancer Exercise Training Institute
- Core Suspend
- PAI All Populations Chair



PILATES MENTORS



LOVE CAPIRAL
MANILA



JESH SUBING-SUBING
MANILA



KIT SICAT
MANILA



ALEX ROCES - NUYDA
MANILA



CLARISSA PEREZ
MANILA



RON PEREZ
MANILA



MATT DELOS SANTOS
MANILA



WHY TRAIN WITH US

Training with Smart Movement International Classical Pilates Teacher Training Program (SMICPTT) can benefit you in several ways. Here are a few reasons why you should consider training with us:

High Standards:

SMICPTT maintains high standards in our training programs. This ensures that you receive top-notch education and are equipped with the necessary knowledge and skills to become a successful Pilates Teacher.

Principled Approach:

We take a principled approach to our training. This means that we focus on teaching the fundamental principles of Pilates, such as breath control, core strength, and body alignment. By understanding these principles, you will be able to effectively guide your clients in their Pilates practice and help them achieve their fitness goals.

High Caliber Teachers:

Smart Movement International is known for producing high-caliber new Pilates Teachers. Our rigorous and thorough training ensures that you are well-prepared to enter the field as a knowledgeable and skilled Teacher. This can open up opportunities for you to work in reputable studios or even start your own Pilates business.

Comprehensive Training:

SMICPTT provides comprehensive training that covers all aspects of Pilates. From learning about the history and philosophy of Pilates to mastering the various exercises and modifications, you will receive a well-rounded education that prepares you for real-world teaching scenarios.

Continuing Education:

Smart Movement International recognizes the importance of continuing education in the fitness industry. We offer ongoing training and workshops to help you expand your knowledge and stay updated with the latest trends and techniques in Pilates. This commitment to lifelong learning can help you grow and evolve as a Pilates Teacher throughout your career.

In summary, training with Smart Movement International Classical Pilates Teacher Training can provide you with the necessary skills, knowledge, and support to excel as a Pilates Teacher. Our high standards, principled approach, and comprehensive training make us a reputable choice for anyone looking to pursue a career in Pilates.



WHAT A STUDENT CAN EXPECT

Smart Movement International offers a comprehensive and dynamic Classical Pilates Teacher Training Program.

- Students can expect to receive traditional and hands-on training from experienced Pilates Teachers.
- The program provides exposure to a wide range of clients with diverse goals and issues, allowing students to gain valuable hands-on experience.
- Students receive ongoing feedback and support from Smart Movement Mentor Educators and Mentors who are available to answer any questions or concerns they may have.
- As part of the program, students also have opportunities to participate in various Pilates educational, community, and industry events.

Overall, the Smart Movement International Classical Pilates Teacher Training Program offers a well-rounded and immersive experience for aspiring Pilates Teachers.

SMART MOVEMENT TEACHERS TRAINERS

Smart Movement Trainers have a diverse range of backgrounds including athletics, arts, academics, and clinical care. Our Teachers bring their unique experiences, education, and styles to the exercise, providing students with a well-rounded learning experience.

Many of our Trainers have been teaching professionally for decades and are dedicated to consistently practicing Pilates themselves. In addition, some of our Teachers are also physical therapists, making them particularly beneficial for clients seeking rehabilitation through Pilates.

For more information about our current list of active Trainers, you can visit our website at www.optionsstudioph.com.

OUR CERTIFYING CENTERS

Our founder, Ole Eugenio, has carefully curated our Certifying Centers to ensure they cater to the needs of Pilates practitioners. With years of experience teaching Pilates in various studios worldwide, Ole has helped design our studios to provide an optimal Pilates experience.

Our well-maintained studios are exclusively dedicated to Pilates, allowing us to focus solely on providing the highest quality instruction and apparatus. We have a comprehensive collection of authentic Classical Pilates apparatus and props, enabling clients to try various exercises and progress in their Pilates practice.



TRAINING FRAMEWORK

Full Teacher Certification Program (600 Hours):

- Consists of three parts: Pre-Training, Foundation Seminar and Apprenticeship Training.
- Apprenticeship Training includes observation, personal training, assisted apprentice teaching, and independent apprentice teaching.
- Exams administered at 200-hour intervals by Center Directors and/or Teacher Trainers.
- Final 600-hour exam conducted by a Mentor Educators after completing all phases and exams successfully.

Bridging Program:

- Applicants who have completed a similar Pilates certification program may be eligible for the Bridging Program.
- All provisions of the Full Teacher Certification Program apply, with modifications as specified in the Bridging Program.

COURSE FORMAT & DESCRIPTION

Part 1: Beginner System:

- Focuses on technical and teaching aspects of all apparatus at the beginner level.
- Teaches modifications for physical limitations.

Part 2: Intermediate System:

- Follows the teaching progression to the intermediate level.
- Outlines the appropriate evolution of the client.
- Teaches modifications for physical limitations.

Part 3: Advanced System:

- Focuses on advanced and some Archival exercises.
- Addresses highly customized needs of clients, identifying weaknesses or injuries.
- Teaches modifications for physical limitations.



TRAINING FLOW

THE SAME FLOW WILL BE APPLIED PER LEVEL (Basic, Intermediate and Advanced). The flow chart follows for your reference.

I. Pre Training (20 Hours)

- Full exercises with the Pilates Mentor Educator.
- After 1 month of Pre Training, please be ready for Foundation.

II. Foundation (50 Hours)

- This will cover dissecting each exercise, hand cues, safety, imagery in cueing discussion and lesson.

III. Self study, Observation Hours and Practice Teaching (50 Hours)

- Must be done during or after the Foundation training.

IV. Mandatory Mentoring (Single, Duo and Trio Private Sessions)

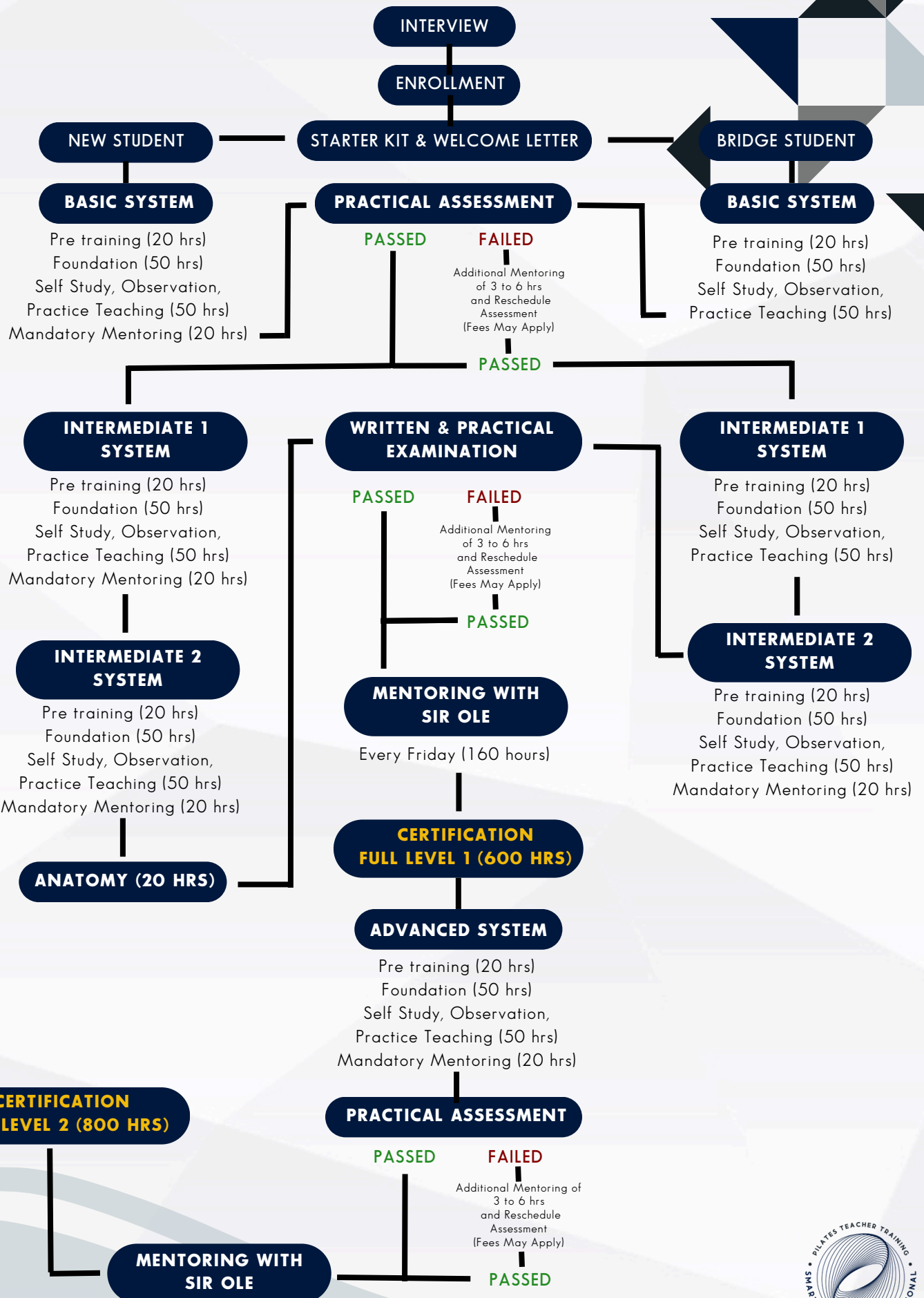
- Must be consumed before, during or after the seminar.
- To improve as a teacher, we aim to develop our new students into stronger learners. Our goal is to provide them with guidance from experienced mentor educators supporting them throughout their journey.

V. First Assessment

- After finishing steps III and IV, you can then move forward with the initial assessment led by a Pilates Mentor Educator.



TRAINING FLOW CHART



APPLICATION PROCESS

Prerequisites:

- Completion of 20 private sessions with a Certified Mentors and Pilates Mentor Educators.
- Personal interview and practical assessment at the Certification Center.
- Completed Written Application inclusive of all items on the Application Checklist.

TUITION FEE

LEVEL AND REQUIREMENT	SGD
Pre Training for each level	\$1,200
Foundation Seminars	\$2,000 to \$2,200

- The above serves as an indicator and seasonal discounts will be provided based on sole discretion of the management.
- Tuition does not include the prerequisite interview & practical assessment, mandatory sessions, liability insurance, or travel expenses.
- Installments could be paid via Atome.

TESTING FEES	SGD
Basic Level - Practical & Oral Q&A	\$400
Intermediate 1 & 2 Level - Practical, Written & Oral Q&A	\$400
Advanced Level - Practical & Oral Q&A	\$400
Assessment Fee	\$100

Note: This is a summarized version of the training framework. For detailed information, please refer to the Smart Movement International Teacher Training Application.

EFFECTIVE: SEPTEMBER 18, 2024

WORKSHOPS & SEMINARS

- Pilates workshops and seminars are available and will be announced periodically during the Pilates Teacher Training program.

ACADEMICS

- **Classroom sessions:**
Regular intervals for Q&A, discussion, and material presentation.
- **Homework:**
Study, review notes, plan for meetings and observation hours.
- **Manuals:**
Provided for each course as a reference and note-taking resource.

TESTING

To demonstrate mastery of the materials assessments are conducted for each level.

Practical Exam:

- A 1-hour assessment involving teaching a client at a specific proficiency level.
- Scheduled after the completion of each course.

Written Exam:

- Multiple-choice, enumeration and case study test with a duration of 1-2 hours.
- Administered after the completion of Intermediate 1 & Intermediate 2 courses.

Students have the opportunity to retake any of the examinations within the given time frame if they do not pass, with a maximum of two attempts permitted.



CERTIFICATION

Certificate of Attendance

- To be given after finishing each course

Beginner Level - Certificate of Completion

- Must complete the course and pass the Practical and Oral Q&A Exams

Intermediate 1 & 2 Level - Fully Certified Full Level 1

- Must complete the course and pass the Practical, Written and Oral Q&A Exams

Advanced Level - Fully Certified Full Level 2

- Must complete the course and pass the Practical and Oral Q&A Exams



MENTORING WITH OLE EUGENIO

Smart Movement participants and trainees are encouraged to take part in the complimentary weekly mentoring sessions hosted by Pilates Program Director Ole Eugenio every Friday at 12 noon. Whether attended onsite or via Zoom, these sessions are designed to offer valuable knowledge about the latest Pilates routines. Additionally, participants can anticipate engaging in discussions and reviews of client case studies.

Attending a weekly mentoring session with Sir Ole Eugenio can provide numerous benefits, including:

1. Skill enhancement:

Through regular interactions and guidance from Sir Ole Eugenio, attendees can improve their skills, knowledge, and expertise in various areas related to their profession or interests.

2. Networking opportunities:

Being part of a weekly mentoring session allows attendees to connect with like-minded individuals, professionals, and experts in their field. This can lead to valuable networking opportunities, collaborations, and new relationships.

3. Personal growth:

Mentoring sessions with Sir Ole Eugenio can also help attendees to develop personally, gain confidence, and overcome challenges they may be facing in their careers or personal lives.

4. Accountability and motivation:

Regular mentoring sessions provide a structured environment for setting goals, tracking progress, and receiving feedback. This helps attendees stay accountable and motivated to achieve their objectives.

5. Access to industry insights:

Sir Ole Eugenio's expertise and experience can provide attendees with valuable insights into industry trends, best practices, and strategies for success. This knowledge can help attendees stay ahead of the curve and make informed decisions.

Overall, participating in weekly mentoring sessions with Sir Ole Eugenio can lead to professional growth, expanded networks, and a stronger foundation for success in both career and personal endeavors.

The Zoom login details will be sent out one day before the session via email or Viber message. Please keep in mind that all participants are required to have their video cameras on during the session, unless an approved reason is provided ahead of time.



READING & RESOURCES

REQUIRED

- Course Manual (Provided)

RECOMMENDED

- Trail Guide to the Body (2nd Edition) By Andrew Biel
- Anatomy of Movement Blandine Germain
- Return to life through Contrology By Joseph Pilates
- Pilates Body By Brooke Siler

GRADING AND TRANSCRIPTS

Below are the requirements necessary to successfully complete the Program:

- Achieve a minimum passing grade of 80% on all written tests and assessments.
- Achieve a minimum passing grade of 80% on all practical tests and assessments.
- Attend all seminars with a 100% attendance record.
- Complete a total of 600 hours, including pre-training, courses, workshops, mentorship, apprenticeship, and examinations.

JOB PLACEMENT

Smart Movement provides graduates with a formal job placement service subject to the selection of candidates. Upon completing the program successfully, graduates will acquire necessary skills for employment and may be placed at different Smart Movement affiliates in Singapore and the Philippines.



PROGRAM REQUIREMENTS & POLICIES

- Students must sign and return the Waiver of Liability/ Contract.
- Re-taking required tests may incur re-test fees not exceeding SGD \$150 per attempt.

PRACTICE TEACHING

POLICIES

- Bring one practice buddy to the studio
- Practice buddy must fill out a release form before starting
- No charging practice buddy a fee
- Practice only on apparatus of the courses taken
- Studio Teachers have priority in the studio
- Follow dress code rules: long pants, workout top, no hats.
- Please refrain from using phones and ensure that the space is respected.

SCHEDULING

- Call front desk to confirm studio availability the day before
- Sign in at front desk when arriving to practice

PRACTICE LOGS / OBSERVATION

- Fill out practice logs and have them signed by front desk/mentor
- Submit practice logs before taking exam

CONDUCT POLICY

ATTENDANCE POLICY

- All students are expected to be present for the entirety of the Training. Students must notify in advance if they will be absent during the program.

ADDITIONAL GROUNDS FOR DISMISSAL

- Unsatisfactory progress in the program
- Late tuition fees or workout payments
- Safety violations, such as reckless behaviors and failure to correct misuse of equipment
- Willful disregard of important instructions that could endanger students or others
- Discrimination based on race, ethnicity, gender, disability, national origin, creed, and other disruptive behavior
- Theft or damage to studio premises
- Being under the influence of alcohol or controlled substances



PILATES TRAINING CENTER

Altum
Pilates
.

Altum Pilates Singapore

Address: 1 Tanglin Road, Orchard Rendezvous Hotel, #04
16 Singapore 247905

Contact Number: (65)9278 1685

Mentor: Joanne Chong

FOR INQUIRIES & CLARIFICATIONS, please contact the studio and phone calls will be scheduled with Mentor, Joanne Chong

CERTIFYING CENTERS

- Here are the list of the Certifying Centers in the Philippines for Mandatory Mentoring, Practice Teaching, Observation and Self Study Hours.
- Location of the training may vary depending on the availability of the studios and Pilates Mentor Educators.

OptionsStudio Timog (TIMOG QC)

Address: 6th floor, GEMPC Building 132 Timog Avenue,
Diliman Quezon City (Across GMA Network Center)

Contact Number: 0917 771 6549

Mentors: Jeshuran Subing-Subing

Move With Options (ROCKWELL)

Address: 3rd floor, Powerplant Mall, Rockwell Dr, Makati, Metro Manila

Contact Number: 0917 624 4877

Mentors: Neil Alvarez & Matthew Delos Santos

Disciplined Studio (MAKATI)

Address: Unit 3-E1, 3rd floor, OPL Bldg, 100 C. Palanca St., Legaspi Village, Makati City

Contact Number: 0969 634 4971

Mentors: Camille Joson

OptionsStudio BGC (BGC, Taguig)

Address: Lower Ground Floor, One Uptown Residences, 36th corner 9th Avenue
BGC, Taguig City

Contact Number: 0919 069 9789

Mentors: Clarissa Perez & Ron Perez

Powerhouse Pilates (NUVALI)

Address: Unit 2FF-9, Solenad 3, Nuvali, Santa Rosa, Philippines

Contact Number: 0917 142 2099

Mentors: Love Capiral & Alex Roces - Nuyda

Paragon Pilates (GREENHILLS)

Address: B1 The Corner House, P. Guevarra corner Recto Street, San Juan, Metro Manila

Contact Number: 0917 156 7358

Mentors: Neil Alvarez, Alex Roces-Nuyda, Matthew Delos Santos, Clarissa Perez & Ron Perez

FOR INQUIRIES, PLEASE CONTACT:

- **KENNETH EUGENIO: +63917 898 4084 (Philippines)**



DEEPLY ROOTED TO THE CORE

Unlock Your Potential with the Elite Classical Pilates Teacher Training Program - Join the Smart Movement International Community Today!