

Required Hours for Certification

TMM is a 500+ hour Certification Program. This allows certified TMM Instructors to sit for the National Pilates Certification Program. Below is the breakdown of the required hours needed to complete and sit for TMM's exam.

Hours required outside of class time must be recorded and completed before sitting for the exam. These log sheets will be turned in prior to taking one's exam. Any missed class hours must be made up 1 = .5 privately with a TMM Master Instructor at the private hour rate.

Practice Teach:

You teaching another person.

Observe:

You observing ANY certified instructor of any Pilates program.

Perform:

You practicing the work.

Mat (Complete)

Virtual lecture the week before class begins 3 hours

Class Time: 2 weekends totaling 32 hours

Practice Teach: 25 hours

Observe: 25 hours

Perform: 25 hours

Total: 110 hours

Reformer (Beginner & Intermediate)

Virtual lecture the week before class begins 3 hours

Class Time: 2-3 weekends totaling 40 hours

Practice Teach: 30 hours

Observe: 30 hours

Perform: 30 hours

Total: 133 hours

Advanced Reformer

Virtual lecture the week before class begins 3 hours

Class Time: 1 weekend totaling 12 hours

Practice Teach: 10 hours

Observe: 10 hours

Perform: 10 hours

Total: 42 hours

Required Hours for Certification

Cadillac (Complete)

Virtual lecture the week before class begins 3 hours

Class Time: 2 weekends totaling 32 hours

Practice Teach: 25 hours

Observe: 25 hours

Perform: 25 hours

Total: 110 hours

Chair (Complete)

Virtual lecture the week before class begins 3 hours

Class Time: 1 weekend totaling 15 hours

Practice Teach: 12 hours

Observe: 12 hours

Perform: 12 hours

Total: 54 hours

Barrels (Full)

Virtual lecture the week before class begins 3 hours

Class Time: 1 weekend totaling 15 hours

Practice Teach: 12 hours

Observe: 12 hours

Perform: 12 hours

Total: 54 hours

Basic Anatomy Workshop

Live or Virtual: 2 hours

Total: 505 hours

TMM EXAM RATES

Includes written and practical testing components

Single Modality: \$275

Duo Modalities: \$400

Reformer All Levels: \$350

3-6 Modalities: \$600

Full Certification / +500 hours: \$450