

Finding a Pilates Training Program and Pilates Instructor

This section presents information about several teacher training programs in North America as well as worldwide. This listing does not include all available programs. Information from several key schools is presented as well as a short discussion about the PMA (Pilates Method Alliance), the not-for-profit professional association and certifying agency.

This section begins with a discussion about the PMA and brief descriptions of several PMA-associated schools. A list of other schools of training and their contact information are also included.

Some schools of training are more classical, some more contemporary, some more rehabilitative. Most combine all three aspects.

All of the schools listed in this resource offer comprehensive training programs including mat programs and full equipment programs. However, it is possible for a Pilates instructor to be certified only in mat training. This is generally a shorter training program and can be completed before beginning a comprehensive equipment-based program.

Pilates for Hip and Knee Syndromes and Arthroplasties does not endorse any product, service, or training program. This section simply provides information and resources for your enjoyment and review.

Pilates Method Alliance Professional Association and Certifying Agency

Contact Information

P.O. Box 370906, Miami, FL 33137-0906 USA
Toll-free: 866-573-4945
Local: 305-573-4946
Fax: 305-573-4461
E-mail: info@pilatesmethodalliance.org
Website: www.pilatesmethodalliance.org

Mission

The Pilates Method Alliance (PMA) is the not-for-profit professional association and certifying agency dedicated to the teachings of Joseph H. and Clara Pilates. Their mission is to foster community, integrity, and respect for diversity; establish certification and continuing education standards; and promote the Pilates method of exercise

Governance

The PMA is governed by a board of directors and certification board collectively. The board of directors has authority over all functions related to the professional association. The certification board oversees and supervises the PMA certification program. All board members are unpaid volunteers. A salaried administrative staff implements directives from both boards.

Specific Goals

- Establish teaching Pilates as a profession.
- Establish and maintain a professional certification exam.
- Encourage professional growth through continuing education.
- Define the parameters of Pilates teaching and expertise.
- Maintain standards while respecting the various approaches to Pilates.
- Promote the benefits of Pilates exercise to the public.
- Serve as an information resource for all Pilates constituents.
- Maintain a registry of PMA certified Pilates teachers.
- Maintain a registry of Pilates training organizations that includes verified information for review and comparison.

- Encourage feedback and evaluate our organization to meet the needs of the community we serve.

History

The Pilates Method Alliance was formed in 2001 as a professional association for the Pilates community. Its purpose is to provide an international organization to connect teachers, teacher trainers, studios, and facilities dedicated to preserving and enhancing the legacy of Joseph H. Pilates and his exercise method by establishing standards, encouraging unity, and promoting professionalism. The organization grew and developed the first all-inclusive Pilates-specific educational conference, now called the PMA's annual meeting. The aim of industry unification led the PMA to develop a third-party professional credential (or certification), which was launched in 2005. This credential was created through consultation with a wide range of Pilates experts across the field under the direction of professional psychometricians, and it serves the Pilates community and the public by validating that a Pilates teacher meets entry-level standards for safety and competency.

Programs

- As a professional association, the PMA offers a wide range of membership benefits.
- As a certifying agency, the PMA created and manages a third-party professional certification program for Pilates teachers. A successful exam candidate becomes a PMA-certified Pilates teacher (PMA-CPT). PMA-CPTs are listed on the PMA website.
- The PMA has established a registry of schools. The registry features teacher training programs that meet established criteria. The registry is listed on the PMA website.
- The PMA sponsors an annual meeting that brings together teachers and students from around the globe. The meeting features continuing education workshops, mat classes, panel discussions, round tables, and an exhibition hall for Pilates professionals. The plenary and workshops are given by leading professionals and researchers in the field of Pilates.

To find out more about the Pilates Method Alliance, visit www.pilatesmethodalliance.org.

Balanced Body

Key Contact

Nora St. John

Contact Information

8220 Ferguson Avenue, Sacramento, CA 95828

Phone: Education 877-PILATES (745-2837)

Sales 800-PILATES (745-2837)

Fax: 916-388-0609

E-mail: info@pilates.com

Website: www.pilates.com

Mission

For over 30 years, Balanced Body has been the leader in innovation and expansion of the Pilates market by providing the highest-quality Pilates equipment to over 100 countries. We continue this tradition with innovative Pilates education through a worldwide network of master instructors.

Faculty are experienced, caring, and passionate Pilates instructors from a variety of backgrounds. Their diversity of experience and perspectives allow Balanced Body to offer courses appropriate for studio, fitness, and postrehabilitation environments. The curriculum includes the traditional Pilates

mat, reformer, trapeze table, chair, and barrels repertoire as well as modifications and additional exercises designed to make teaching Pilates safe, effective, and fun. The curriculum is straightforward and consistent with the current Pilates Method Alliance (PMA) guidelines.

Balanced Body's program offers three levels of Pilates instructor education: mat, reformer, and comprehensive. Each level is offered in affordable modules so you can take your first course now and continue your training next week, next month, or next year, whichever works best for you. Each module allows you to start teaching quickly and to continue learning as you progress.

Teacher Training Programs Offered

Balanced Body offers an assessment-based certificate in mat, reformer, and comprehensive Pilates.

Training Locations

Worldwide

How to Find an Instructor

www.pilates.com/BBAPP/V/education/education-finder.html

BASI Pilates

Key Contact

Jeanne King

Contact Information

485 E. 17th Street, Suite 650

Costa Mesa, CA 92627

Phone: 949-574-1343

Toll free: 866-992-2742

Fax: 949-642-8139

E-mail: info@basipilates.com

Website: www.basipilates.com

Mission

BASI teacher training is a college-level program for serious professionals. Designed and developed by BASI founder Rael Isacowitz, the program is unique in integrating both the art and the science of human movement with a contemporary approach to the work of Joseph Pilates.

Purpose and Goals

Every accredited graduate from a BASI program has received the most in-depth and complete Pilates training possible and is qualified to instruct clients on the full range of Pilates equipment.

Teacher Training Programs Offered

Comprehensive teacher training course and mat work teacher training course.

Training Locations

Courses are offered throughout the United States and in 20 other countries. For locations and course schedules, visit www.basipilates.com.

How to Find an Instructor

www.basipilates.com

Kathy Corey Pilates

Key Contact

Kathy Corey

Contact Information

Del Mar, CA 92014

Fax: 858-755-0030

E-mail: kathy@kathycoreypilates.com

Website: www.kathycoreypilates.com

Mission

The mission of Kathy Corey Pilates is to provide high-quality education committed to the practice, learning, and teaching of the Pilates technique and to offer a supportive environment for exploring new thoughts and ideas as well as embracing the history of Pilates. Through the knowledge and understanding of the traditional work as taught by Joseph Pilates, Kathy Corey Pilates encompasses integrity, diversity, and harmony.

Purpose and Goals

The program is dedicated to maintaining the integrity of Joseph and Clara Pilates' work and

to providing an in-depth educational experience. Our goal is to unite the original repertoire with the latest research in exercise physiology and biomechanics in order to uphold the standards of today's fitness profession.

Teacher Training Programs Offered

From a thorough basic program to a complete 600-hour teacher training certification and advanced weekend training workshops, Kathy Corey Pilates offers a full range of educational packages. Programs are designed to suit each studio's needs.

Training Locations

On-site training is offered at studios throughout the United States and is currently available in 14 other countries in Western and Eastern Europe and in South America.

How to Find an Instructor

www.kathycoreypilates.com

KinectEd

Key Contact

Education manager

Contact Information

151 W. 19th St. 2nd floor, New York, NY 10011

Phone: 212-463-8338

212-463-8309

E-mail: info@kinectedcenter.com

Website: www.kinectedcenter.com

Mission

To empower movement professionals with the knowledge and tools necessary for becoming skilled, compassionate, and versatile teachers.

Purpose and Goals

The shared goal of our educational offerings is to provide fitness professionals with comprehensive and inspiring ways to study the human body, empower health, and advance in their professional careers.

Teacher Training Programs Offered

- **Kane School Pilates teacher training program.** Developed by Kelly Kane, the Kane School certification is a rigorous training program combining the classical principles of Pilates with a modern, clinical perspective of the human body. Known worldwide for its anatomy-based approach, the Kane School program goes beyond choreography to explain why exercises work. Students not only learn classical Pilates repertoire but also delve deeply into biomechanics, postural imbalances, and common injuries. Become a Kane School certified instructor and learn how to listen with your hands.

- **KinectEd continuing education program.** Learning about the human body is a never-ending process. The KinectEd continuing education program helps movement professionals advance their knowledge with a monthly selection of cutting-edge workshops taught by experts in the movement, medical, and wellness fields.
- **FAMI workshop.** The Functional Anatomy for Movement and Injuries (FAMI) workshop is a four-day immersion course in anatomy and injuries. The course is designed exclusively for movement professionals. Held in a medical school, this powerful educational resource brings the best of medical education to the movement world, including gross anatomy labs and physician-led lectures on injuries. The FAMI workshop helps movement professionals master the human body so they can better help their clients.

Training Locations

- Kane School teacher training and KinectEd courses are offered at KinectEd in New York City.
- The FAMI workshop is offered at the Mount Sinai School of Medicine in New York City.
- For more information, visit our website at kinectedcenter.com.

How to Find an Instructor

To work with a Kane School certified instructor at KinectEd, use the Webscheduler on our website: kinectedcenter.com. To find a Kane School certified instructor outside of New York City, click on the Resources tab on the website.

Equinox—The Pilates Institute

Key Contact

Carrie Macy

Contact Information

10960 Wilshire Blvd, Los Angeles, CA 90024

Phone: 310-954-8950

Fax: 310-954-8951

E-mail: carrie.macy@equinox.com

Website: www.equinox.com

Mission

Our comprehensive five-module training creates Equinox-standard teachers of the Pilates method who have lasting positive impacts on their students' lives.

Purpose and Goals

Our program offers a dynamic, integrative approach to the art of teaching and practicing Pilates, founded in the Equinox philosophy that Pilates is a workout that encompasses strength, power, and agility to assist clients in achieving their fitness goals. Program includes philosophy and anatomy lectures, vocal training, business skills (appropriate for inside fitness clubs and the outside market), physical practice, and plenty of hands-on teaching experience.

Teacher Training Programs Offered

- 1.** Comprehensive classical training program

Learn how to teach a complete system of classical exercises on all apparatus: reformer, mat, cadillac, chairs, barrels, and ped-o-pull. Program consists of five 24-hour seminar weekends, weekly apprentice meetings, and completion of 450 apprentice hours. Participants who successfully complete the training are eligible to take PMA National Certification Exam. The Pilates Institute at Equinox is registered with Pilates Method Alliance.

- 2.** Mat certification

Learn how to teach an open-level mat class: 24 classical exercises and multiple add-in exercises that coalesce to create a well-rounded, all-level Pilates mat class. Skills specific to group fitness are also addressed.

Training Locations

Nationally at Equinox facilities. Contact Carrie Macy (carrie.macy@equinox.com) for specific information about markets.

How to Find an Instructor

www.equinox.com/pilates

McEntire Pilates

Key Contact

Trent McEntire

Contact Information

438 S. Main Street, Suite 207
Rochester, MI 48307
Phone: 248-651-5567
Fax: 248-652-0700
E-mail: Trent@mcentirepilates.com
Website: www.mcentirepilates.com

Mission

McEntire Pilates helps novice and experienced teachers become sought-after professionals who make a difference in their clients' lives. Our graduates go on to have successful careers in Pilates studios, wellness centers, universities, PT clinics, and athletic training centers.

Purpose and Goals

Our program teaches you how to make educated and confident decisions on behalf of your clients. This takes you beyond just memorizing manuals into a category of professionals who have a passion for making real connections with their clients. These connections provide immeasurable value to how you feel about

working as a Pilates professional. Our program is your opportunity for significant personal and professional growth.

Teacher Training Programs Offered

Comprehensive teacher training program: You will work in a small group with an experienced educator 1 weekend per month for 9 months. The national requirement to sit for the exam is attendance in a comprehensive program with a minimum of 450 hours. Our program has a total of 507 hours and includes the study guide and review to prepare you for the national exam. We find that our students complete the full program and all practice hours in 9 to 15 months.

Training Locations

Our headquarters are located in Rochester, Michigan. Our education centers are located in Chicago, Illinois; Holland, Michigan; and Suwanee, Georgia. Each location has a resident educator who leads the program and serves as a resource during practice hours.

Additionally, the McEntire Pilates provides hosting opportunities for each of our educational programs.

How to Find an Instructor

www.mcentirepilates.com

Peak Pilates-Mad Dogg Athletics

Key Contact

Kevin A. Bowen

Contact Information

5555 Central Ave., Boulder, CO 80301

Phone: 800-925-3674

Fax: 303-998-1531

E-mail: info@peakpilates.com

Website: www.peakpilates.com

Teacher Training Programs Offered

Comprehensive instructor education is a 450-hour program covering all of the equipment.

Basic intermediate and advanced mat certifications are offered as well as MVe group chair and reformer training.

Training Locations

The trainings are offered throughout the United States, Canada, and 23 other countries.

How to Find an Instructor

www.peakpilates.com

Pilates System Europe

Key Contact

Anna Schrefl

Contact Information

Severingasse 1/6, 1090 Vienna/Austria

Phone: +43-1-890 03 62

Fax: +43-1-890 03 62-15

E-mail: office@pilatessystem.eu

Website: www.pilatessystem.eu

Mission

Our Pilates system is based on the clarity and strength of classical Pilates training and develops it through the use of physiological knowledge.

Purpose and Goals

Our Pilates certification program is focused on gaining a deep understanding of the Pilates principles as well as a clear functional anatomical and biomechanical understanding of the body (modeled on the Franklin method and Spiral-dynamik) with didactic and pedagogical skills.

Training focuses on developing the ability to plan an individually appropriate Pilates program with a solid base of knowledge of injuries

and physical problems. Participants discover the joy of working with the body.

Teacher Training Programs Offered

- Program consists of 120 hours of seminars on the application of Pilates mat exercises with variations using the Triadball, magic circle, small weights, foam rollers, and elastic bands.
- Pilates exercises focus on the apparatus (reformer, Cadillac, chair, and barrels) at all levels (fundamentals, basics, intermediate, and advanced).
- In addition, students receive 60 hours of special seminars on functional anatomy, voice training, and other topics.
- To complete the program, a student has to accrue 600 practice hours.
- The program takes about 14 to 20 months and provides a good mixture of theoretical and practical work.

Training Locations

In Vienna, Austria, in the 9th district.

How to Find an Instructor

www.pilatessystem.eu

Polestar Pilates Education

Key Contact

Brent Anderson

Contact Information

1500 Monza Avenue, Suite 350
Coral Gables, Florida 33146
Phone: 305-740-6001
Fax: 305-740-6998
Website: www.polestarpilates.com

Mission

Polestar is an international community of research-oriented movement science professionals who transfer advanced knowledge of health and well-being to their clients through the application of Pilates and various methodologies of movement science.

Purpose and Goals

Improve the quality of your life through intelligent movement, heightened awareness of self, and its integration into the community.

Teacher Training Programs Offered

Polestar Pilates comprehensive programs provide in-depth instruction in Pilates principles, techniques, and practice using the reformer, trapeze table, chair, ladder barrel, mat, and small props. The curriculum focuses on the following:

1. In-depth working knowledge of Pilates movement principles
2. Experiential acquisition of Pilates
3. Critical reasoning skills for application of Pilates with clients and patients

Polestar Pilates fitness programs provide instruction in Pilates principles, techniques, and practice with emphasis on group dynamics for mat or reformer. Advanced Pilates teacher training is a new and exciting program designed by Polestar to provide Pilates teachers with advanced training. The advanced Pilates teacher training graduate program is for teachers who successfully completed a comprehensive certification in Pilates from a Pilates Method Alliance approved school and have at least one year of posttraining experience.

Training Locations

Polestar Education offers educational programming in eight languages in more than 30 countries.

How to Find an Instructor

The Polestar Education website offers a section on finding an instructor based on the diploma earned. Go to www.polestarpilates.com or call 305-666-0037.

Power Pilates

Key Contacts

Howard Sichel, Susan Moran, Bob Liekens,
Kathy Moran

Contact Information

49 West 23rd Street, 10th floor
New York, NY 10010
Phone: 212-627-5852
Fax: 212-627-5624
E-mail: info@powerpilates.com
Website: www.powerpilates.com

Mission

Power Pilates is the leading educator of classical Pilates with 110 training centers in 10 countries supported by more than 7,000 Power Pilates trained instructors. For 20 years Power Pilates has been dedicated to Pilates training that honors the integrity of the original method developed by Joseph Pilates. Our rigorous training programs are taught by the highest-qualified teacher trainers in the industry. Emphasizing the art of teaching, we provide our students with a profound learning experience and the strongest preparation for a career in Pilates.

Purpose and Goals

Power Pilates instructor education (mat and apparatus) programs provide the classical exercises and proprietary teaching tools that enhance communication skills to inspire our students toward their highest level of professional achievement. Through both observation and practical experience, Power Pilates programs build on the technical expertise by developing confidence and leadership ability in students.

Teacher Training Programs Offered

Mat (beginner, intermediate and advanced mat) and apparatus (comprehensive, 12-day intensive, system 1, 2, and 3).

Training Locations

Power Pilates has 110 training centers in 10 countries. Visit www.powerpilates.com to find a training center near you.

How to Find an Instructor

The Power Pilates Instructor Directory is an interactive world map that includes the location, contact information, level of training, and number of years teaching with Power Pilates teaching technique. Visit www.powerpilates.com/Find-a-studio.html to find a studio or instructor near you.

The Pilates Center

Key Contact

Kelli Burkhalter

Contact Information

5500 Flatiron Parkway, Suite 110
Boulder, CO 80301
Phone: 303-494-3400
Fax: 303-499-2746
E-mail: kelli@thepilatescenter.com
Website: www.thepilatescenter.com

Mission

The Pilates Center's mission is to heal the world by empowering people to transform their health and return to life. In addition, it is to stay true to Mr. Pilates' own goals for his work and maintain the utmost integrity to achieve excellence in every aspect of teaching clients and teacher training.

Purpose and Goals

The purpose of the Pilates Center's teacher training program and master's program is to develop excellent teachers who believe in Mr. Pilates' vision and method of controllogy.

Teacher Training Programs Offered

Since 1990 the Pilates Center has been devoted to teaching Joseph Pilates' original work, controllogy. Our teacher training program is the most respected and comprehensive of its kind in the world. Composed of 950 hours

of lectures, internship, symposia, and clinics, our 12- and 18-month curricula prepare students who have the desire, dedication, and determination to be exceptional Pilates teachers. Our master's program, the first of its kind, is a 3-year curriculum of 116 hours of highly advanced professional continuing education courses. This program, also offered at approved studios worldwide, will broaden your knowledge and deepen your understanding of technique, philosophy, pedagogy, methodology, and more.

Training Locations

Centered in Boulder, Colorado, both programs are partially available at select locations around the world. The Pilates Center is proud to have six additional licensed studios internationally:

Boulder, CO: The Pilates Center
Dubai, UAE: Club Stretch
Durham, NC: Insideout Body Therapies
Los Angeles, CA: Vital Balance Pilates
Milwaukee, WI: Freedom Pilates
Minneapolis, MN: Centerspace Pilates

How to Find an Instructor

Contact Kelli Burkhalter at the Pilates Center by phone 303-494-3400 or e-mail kelli@thepilatescenter.com or go to www.thepilatescenter.com and click on Become a Pilates Teacher or Professional Continuing Education to find an instructor in your area and a calendar of workshops.

Stott Pilates

Key Contact

Stefania Della Pia

Contact Information

Merrithew Health & Fitness
2200 Yonge Street, Suite 500
Toronto, Ontario, Canada M4S 2C6
Phone: 416-482-4050
Fax: 416-482-2742
E-mail: stefania.dellapia@merrithew.com
Website: www.stottpilates.com

Mission

The mission of Merrithew Health & Fitness under its premier brand Stott Pilates is to inspire and support people worldwide to achieve optimal mind-body fitness and wellness through premium Pilates instruction, equipment, and media. Our mission is based on the value we place on commitment, encouragement, respect, passion, integrity, leadership, accountability, and quality.

Purpose and Goals

For those involved in Stott Pilates education, our goal is to enhance the professional lives, careers, and knowledge of Pilates instructors.

Teacher Training Programs Offered

Whether you are a fitness professional, a rehab specialist, or a club owner, we have a program to meet your needs. Each program is composed of a series of relevant courses or modules delivered at a pace, duration, and location most suitable to you or your organization. For more information, visit www.stottpilates.com/education/index.html. The Stott Pilates Network is composed of trained students, certified instructors, instructor trainers, lead instructor trainers, and master instructor trainers. For details on our training requirements, courses, and workshops, e-mail education@stottpilates.com.

Training Locations

As of January 2011, Stott Pilates has trained over 28,000 students from over 106 countries. Students can be trained at one of our 55 licensed training centers in 23 countries, our three corporate training centers (Toronto, Denver, and New York City), or at hosting locations worldwide.

How to Find an Instructor

www.stottpilates.com

Studio Harmonie du Corps Pilates

Key Contact

Monica Germani

Contact Information

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3006 Marseille, France
Phone: +334 91 54 13 82
+336 11 98 44 54
Fax: +334 91 54 05 86
E-mail: contact@pilates-marseille.com
germanipilates@courrierweb.com
Website: www.pilates-marseille.com

Mission

We train professors in the technique of Harmonie du Corps Pilates.

Purpose and Goals

Every trainee is framed in an individualized way. At every level of the technique is a final exam to verify the acquired theoretical, practical, and educational knowledge. At the

end of the training, trainees take an examination covering techniques on machines and mat work. The training includes courses on anatomy.

Teacher Training Programs Offered

Training consists of 700 hours of mat work and machine work in the technique of Harmonie du Corps Pilates. Special training for dancers consists of 500 hours of mat work and machine work in the technique of Harmonie du Corps Pilates. Training courses in mat work are 200 to 300 hours.

Training Locations

Marseille, France
Milan, Italy
Harmonie du Corps Studio Milan info@harmonieducorpstudio.it
+39 02 481 984 96 contact Nicola Tognoli
www.harmonieducorpstudio.it

How to Find an Instructor

Call +336 11 98 44 54

Triadball

The Triadball referenced in this manual was the first ball of its size created specifically for the Pilates method and launched the international use of small balls in Pilates and fitness. Created by internationally recognized Pilates master teachers, presenters, educators, consultants, and innovators Michael Fritzke and Ton Voogt, the Triadball is the first piece of equipment that allows you to execute both the Pilates mat and equipment exercises to achieve the full benefits of the Pilates method in one workout if you don't have access to the Pilates equipment.

Key Contacts

Michael Fritzke and Ton Voogt

Contact Information

Zenirgy, LLC

Phone: 646-337-7714

Fax: 602-230-4259

E-mail: contact@zenirgy.com

Website: www.zenirgy.com

Mission

Zenirgy is a company created by Michael Fritzke and Ton Voogt and is dedicated to promoting complete health through innovative workouts, products (Triadball, DVDs, and manual), and educational programs.

Purpose and Goals

Michael and Ton believe that Pilates is both an art and a science. It is an art because it requires ability in execution and it is a science because it is based on a systematic theory. This systematic

theory involving concepts and principles is the common thread in all approaches, traditional and evolved. Michael and Ton's approach and work today reflect and embrace all of the various approaches. Their educational programs incorporate all classical forms of Pilates with the latest research. They emphasize that both can and must work together in order to find the best solution for each client or group. The unity and integration of all approaches make the Pilates method so successful.

Programs Offered

Michael and Ton offer master classes and continuing education workshops, and they help set up independently owned and operated Pilates certification programs worldwide, which are customized to meet the needs of the organizations and participants. Master classes and continuing education are available on the mat, all the Pilates equipment, and the Triadball. For more information, contact Michael and Ton at contact@zenirgy.com or 646-337-7714.

Independently owned and operated Pilates certification programs are set up by Michael and Ton:

Vienna, Austria: www.pilatessystem.eu

Eindhoven, Netherlands: www.studiozuid.nl

Lisbon, Portugal: nunogoncalogusmao@gmail.com

Worthing, UK: www.classicalpilatestraining.co.uk

Santa Ana, Costa Rica: ompreocr@racsa.co.cr

Oslo, Norway: www.pilatesstudio.no

Other Resources

Alan Herdman Pilates

E-mail: info@alanherdmanpilates.co.uk
Website: www.alanherdmanpilates.co.uk

Body Control Pilates

Phone: +44 207 636 8900
Website: www.bodycontrol.co.uk

Fletcher Pilates

Phone: 888-RFC-8884
Website: www.fletcherpilates.com

Phi Pilates

Phone: 877-716-4879
Website: www.phipilates.com

Pilates Best Pilates Instructor Academy

Phone: 913-345-8787
www.pilatesinstructoracademy.com

Physical Mind Institute

Phone: 800-505-1990
Website: www.themethodpilates.com

Team Pilates

Phone: 888-576-0340
Website: www.team-Pilates.com

Studio M

Phone: 707-938-5593
Website: www.studiompilates.com

United States Pilates Association of America

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