

## 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

## Certification Cost Sheet

All courses will teach future Pilates Instructors the full certification program in order annually. Students can mix and match their course work or complete the full program (approximately 12-15 months) prior to testing. Following the end of each course, the Instructor in Training will have exactly 8 months to complete all credited hours and sit for exam. If a TMMIT moves to test outside of the 8 month window, the student would be required to complete that course (or any additional expired courses) again.

### Mat Work (B/I/A)

32 Contact Hours: \$1150

### Foundational Reformer Work (B/I)

43 Contact Hours: \$1350

### Advanced Reformer Work (A)

12 Contact Hours: \$550

### Cadillac Work (B/I/A)

35 Contact Hours: \$1100

### Chair Work (B/I/A)

12 Contact Hours: \$550

### Barrels Work (B/I/A)

18 Contact Hours: \$800

### Certification Options

Total Full Certification Costs: \$5500

**Total Contact Hours: 158**  
**Total Program Credit Hours: 505**