



## U.S. Pilates™ LLC

# The Classical Pilates USA™ International Teacher Certification Program International Application Checklist

- Signed Release and Informed Consent Form
- Uploaded Professional Reference Letter
- Uploaded Personal Reference Letter
- Uploaded a copy of Driver's License or Identification Card
- Reviewed Enrollment Agreement
- Filled out and Uploaded Bridge Curriculum Form (if a Bridge Apprentice)
- Reviewed Non-Competition and Confidentiality/Non-Disclosure Agreement
- Professional Liability Insurance as a Pilates Instructor. Applicant must provide a Certificate of Insurance naming U.S. Pilates LLC as Certificate Holder as follows:

Home Studio must be added as Additionally Insured:

**Pilates Haus**  
140 Bay Street, Retail #4  
Jersey City, NJ 07302  
201-963-0436

U.S. Pilates™, LLC  
It's Successors in Interests and/or Assigns  
105 South Victoria Park Road  
Fort Lauderdale, FL 33301



**U.S. Pilates™ LLC**  
**The Classical Pilates USA™ International Teacher Certification Program**  
**Release and Informed Consent Form**

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Acknowledgment of Health Status:**

I, the undersigned, hereby confirm that I am in good health and physically capable of performing the Pilates repertoire as part of the Pilates Apprenticeship Program. I understand that the program involves physical activity that may include exercises, stretches, and movements that require physical stamina, balance, and coordination.

**Health Disclosure:**

I acknowledge that I have disclosed any known medical conditions or concerns that could affect my ability to participate in this program. I confirm that I do not have any health issues that would prevent me from safely engaging in physical activity.

**Release of Liability:**

I understand that participation in the Pilates Apprenticeship Program may involve inherent risks, including, but not limited to, the risk of injury. I hereby release, waive, and discharge [Your Organization Name], its instructors, employees, and affiliates from any and all liability for any injuries or damages that may arise during my participation in the program.

**Informed Consent:**

By signing below, I acknowledge that I have read and understood this release and informed consent form. I consent to participate in the Pilates Apprenticeship Program under the terms outlined above.

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Center Director Signature: \_\_\_\_\_

Center Director Print Name: \_\_\_\_\_



**U.S. Pilates™ LLC**  
**The Classical Pilates USA™ International Teacher Certification Program**  
**Bridge Curriculum Form**

**Bridge Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date of Entry into Bridge Program:** \_\_\_\_\_

**Total Number of Privates required:** \_\_\_\_\_

**Total Number of hours required for observation, training and teaching:** \_\_\_\_\_

*\*Must be taught by Certified Instructors approved by the U.S. PILATES*

The cost of Private Lessons will be in addition to the tuition and will be determined by the Center Director and any other certified instructor.

Bridge Apprentice will be required to attend all three (3) System Workshops (Beginner, Intermediate and Advanced). One or more of the System Workshops may not be held at the Training Center Studio attended by the Bridge Student. Workshops are given at U.S. PILATES™ LLC, Certification Centers.

Bridge Apprentice will be responsible for all travel costs associated with attendance. There is no extra charge for attendance at the Workshops.

Bridge Student will be required to take the Basic, Intermediate and Advanced Practical and Written Assessments and will be conducted in the same manner as if the Bridge Apprentice were a Full Teacher Certification Program Apprentice.

Unless expressly modified by this document, all of the remaining terms contained in the Application and Bridge Application shall apply to the Bridge Apprenticeship Program. A signed facsimile or electronic version of this Curriculum will be considered an original.

**Agreed to:**

Bridge Apprentice Signature: \_\_\_\_\_

Bridge Apprentice Print Name: \_\_\_\_\_

Center Director Signature: \_\_\_\_\_

Center Director Print Name: \_\_\_\_\_