



3300 Monroe Avenue Suite 215 • Rochester, NY 14618 • (585) 586-3410

**Pilates Plus University
Application Form**

Name : _____

Address : _____

Phone : _____

Email : _____

To apply for Pilates Plus University:

1. Complete the following questionnaire.
2. Mail this entire form with your \$25 non-refundable application fee to:

Pilates Plus
Attn: Teacher Training Program
3300 Monroe Avenue
Suite 215
Rochester, NY 14618

3. Once your application materials are received and reviewed you will be contacted to arrange a program evaluation which will consist of performing a Pilates workout on the mat and the reformer. Cost for this evaluation is \$65.



Questionnaire

Why do you want to become a Pilates instructor ?

Describe your Pilates history:

Instructor's name :

Studio name :

How often do you workout ?

Indicate your experience with the following:

	None	Beginner	Intermediate	Advanced	How many classes/lessons?
Mat					
Reformer					
Cadillac					
Chair					
Barrel					
Other Apparatus					

How did you hear about Pilates Plus University?