

Mat Pilates Instructor Training

Participant program guide

Instructor: Susan Hoffman

Tuition: \$500

Training location: Barre Studio, Transcendent Wellness
244 1/2 Middle Street, New Bern, NC

Program overview

Develop your understanding of Mat Pilates and begin practicing the skills used to guide others. The program combines study of the 34 Mat Pilates exercises with foundational anatomy, verbal cueing, and class design. The training weekend provides 16 instructional hours. A practice lab and written and practical assessments follow.

Training weekend

Saturday, November 14, 2026: 8:00 AM–5:00 PM

Sunday, November 15, 2026: 8:00 AM–5:00 PM

Each day includes a one-hour lunch. All times are Eastern Time.

What you will study

Pilates principles and history. Explore breath, alignment, control, precision, flow, and the mind-body connection, along with the origins and development of Joseph Pilates' method.

Core stabilization and anatomy. Study the “powerhouse” concept, basic muscle groups, joint actions, and skeletal alignment relevant to mat exercises.

Movement observation. Become familiar with assessing posture and recognizing compensation patterns.

The 34 Mat Pilates exercises. Practice the repertoire and work on verbal cues that help explain the movements.

Class design. Discuss sequencing and review examples for beginner, intermediate, and advanced classes.

Practice lab & assessment

Choose one practice lab

Attend one of the following practice-lab sessions. You do not need to attend both.

Option 1: Wednesday, November 18, 2026

4:00–6:00 PM Eastern

Option 2: Wednesday, December 2, 2026

4:00–6:00 PM Eastern

Use the lab to continue practicing the mat exercises and teaching cues. Confirm your selected session and the lab location with the studio.

Written & practical exam

Saturday, December 5, 2026

Exam time: To be confirmed

Exam location: To be confirmed

The program includes written and practical assessments. The studio will provide the assessment instructions and confirm scheduling details before the exam.

Preparing for the program

Plan for both full training days, one practice lab, and the December 5 exam. Comfortable movement clothing, water, and note-taking materials are suggested. Ask the studio about required supplies and manual arrangements before the weekend.

Questions to confirm before enrollment

Contact the studio to confirm prerequisite experience, any required practice or teaching hours, the full certification requirements and credential issuer, assessment criteria, tuition inclusions, and cancellation terms. The training weekend alone does not establish certification.

Contact & registration

Call or text: (252) 631-1550

Email: info@transcendentcenter.com

Website: transcendentcenter.com

Registration: [View Mat Pilates Instructor Training](#)

Program details reflect Brian's October 13, 2026 corrections: 8 AM–5 PM workshop hours, \$500 tuition, and December 5 exam date. Lab options come from the instructor's submission. Remaining scheduling and certification details require studio confirmation.