



2018 Application Form

Advanced Programme ___

Intermediate Programme ___

Full Name	
Address	
Phone	
Email	
Referred by (Studio/Teacher)	
Describe your Pilates Experience	
Pilates Instructor's name	
What main concepts do you work on in your practice?	
How many times a week do you work out over the last 6 months?	
What apparatus are you experienced with? (Reformer, Mat, Cadillac, Chair, Barrels etc)	
Describe your Movement/Fitness History	
Describe your Health History	
Why do you want to be a Pilates Instructor?	

Please submit this form to anna@pilatescentre.ie