

# Comprehensive Program Hour Breakdown

## COMPREHENSIVE PROGRAM

Total Program Hours: 720 hours  
(582 hours, plus an additional 138 hours of prerequisites)

### Prerequisite Hours

- Fletcher Pilates Matwork Program
- Private Sessions: 30 hours

### Program Hours Overview

- 1-3 months of prerequisites
- 1 Orientation Session
- 8 months of Program Sessions
  - Four 5-day Classroom Sessions (in-person or virtual)
- Evaluation Session

Classroom Sessions 122 hours	<ul style="list-style-type: none"> <li>• Orientation Session (2 hours) and four 5-day sessions (or alternative schedule as published) attendance is mandatory (either in-person or virtually)</li> </ul>
Participation Practicum 140 hours	<ul style="list-style-type: none"> <li>• 20 hours between orientation and session I</li> <li>• 30 hours between sessions I and II</li> <li>• 30 hours between sessions II and III</li> <li>• 30 hours between sessions III and IV</li> <li>• 30 hours between session IV and evaluations</li> </ul> <p>*Participation hours must be logged and signed by a Fletcher Pilates Teacher</p>
Observation/Assisting Practicum 100 hours	<ul style="list-style-type: none"> <li>• 10 observation hours between orientation and Session I</li> <li>• 30 observation/assisting hours between Sessions I and II</li> <li>• 30 assisting hours between Sessions II and III</li> <li>• 30 assisting hours between Sessions III and IV</li> </ul> <p>*Observation/Assisting hours must be logged and signed by a Fletcher Pilates Teacher</p>
Casework 120 hours	<ul style="list-style-type: none"> <li>• 30 hours of Private Session casework between Sessions II and III</li> <li>• 30 hours of Private Session casework between Sessions III and IV</li> <li>• 40 hours of Private Session casework between Sessions IV and evaluations</li> <li>• 20 hours of Group Class casework between Session III and evaluations</li> </ul>
Anatomy Study 40 hours	<ul style="list-style-type: none"> <li>• Independent study and online coursework with assignments due before classroom sessions</li> </ul>
Mentoring 20 hours	<ul style="list-style-type: none"> <li>• Monthly meetings with Mentor to review progress and address questions</li> </ul>
Assigned Homework 20 hours	<ul style="list-style-type: none"> <li>• Independent study of program material, online coursework and assignments related to casework preparation and Classroom Session activities</li> </ul>
Evaluations 20 hours	<p><i>Program Evaluations</i></p> <ul style="list-style-type: none"> <li>• Practical performance assessments during all classroom sessions</li> <li>• Casework assessments</li> <li>• Anatomy assessments</li> </ul>
	<p><i>Final Evaluation: 20 hours</i></p> <ul style="list-style-type: none"> <li>• Written examination</li> <li>• Performance Evaluations: Individual and Group</li> <li>• Practical Teaching Evaluations: Individual and Group</li> </ul>