



2026 - 2027  
PROGRAM CATALOG

# CLASSICAL PROGRESSIONS

*A 15-Month Graduate Program in Classical Pilates*



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# WELCOME

I'M SO GLAD YOU'RE HERE

You're holding this catalog because something in you is reaching for more. You've done the trainings, the workshops – and you still feel like the full picture isn't quite in focus. I know that feeling intimately. It was mine too.

Classical Progressions exists for exactly this moment. Not a weekend. Not disconnected workshops. Fifteen months of structured, cumulative work.

The full, classical repertoire across all apparatus, studied through the lens of history, anatomy, and the biomechanics that make the method make sense.

You will leave not just knowing more exercises, but understanding the logic that connects them all.

This is the program I wish had existed when I was searching for answers. I am honored to share it with you.

*-Karen*

# About the Program

*FOR TEACHERS WHO KNOW THERE'S MORE*

Classical Progressions is for the teacher who has been teaching long enough to know the full picture isn't quite in focus, and is ready to change that.

Most Pilates education happens in concentrated bursts - a weekend workshop, an intensive, a seminar. You leave inspired, return to your studio, and the momentum fades. Classical Progressions is designed to work differently. Meeting twice weekly, for a total of three hours per week, you learn something on Tuesday, teach it on Wednesday, and put it into your practice in class on Thursday. The material doesn't sit — it integrates. And integration is how real change in your teaching happens.

*My teaching has shifted drastically because my understanding of the system is so much deeper. My passion has been reignited, and I am not searching for 'the next best thing' to add to my teacher's toolbox. It's all right here.*

**- Christine Waterman - The Pilates Tree**



The program moves systematically through more than 350 exercises across every major (and minor) apparatus - Reformer, Mat, Cadillac, Wunda Chair, and beyond. We look at the work through the lens of history, anatomy, biomechanics, and teaching methodology.

Every student has already completed a comprehensive teacher training. That shared foundation is what makes this level of work possible — we move faster, go further, and engage with the method at a depth not available in a primary certification.

You will leave Classical Progressions not just knowing more exercises but also understanding the system that connects them. This is the shift that changes everything about how you teach.

# Your Teaching

*Transformed*

## CONFIDENCE

### You Can Feel In the Room

*"What I used to doubt, I now trust."* You'll stop second-guessing your sessions and start teaching from a place of genuine authority. When a new student walks through the door, you'll know exactly what to do and why.

## CLARITY

### On the System

*"All the pieces finally click."* You'll understand the logic behind the orders, the progressions, and the connections between every exercise across every apparatus. The full picture is finally in focus.

## PROGRESS

### Any Student

*"I can create a dynamic, personalized program on the fly."* You'll be able to meet any student where they are and move them forward with confidence — from foundations through advanced work — because you understand the system, not just the sequence.

## A PRACTICE

### That Grows with You

*"I'm thankful to have completed the program as my own practice today."* Your body progresses through the full classical repertoire alongside your curriculum. You'll leave with work in your body — not just in your head.

# Inside the Program

FIFTEEN MONTHS OF STRUCTURED, CUMULATIVE WORK

- ✓ **Live Seminar Hours with Karen Frischmann**  
96 hours, this is the core of the program. Every seminar goes deep into the week's work — the exercises, the logic, the history, the anatomy. This is where the system starts to make sense.
- ✓ **Weekly Workouts with Our Teaching Team**  
49 sessions — your body progresses alongside your curriculum, every single week.
- ✓ **Teaching from the Inside with Karen**  
During four of the five terms, you'll film yourself teaching and meet with Karen to discuss your session. This is where your eye develops — and where your teaching makes its biggest leaps.
- ✓ **Your Private Session with Karen**  
One dedicated hour at the midpoint of the program — before the Advanced module.
- ✓ **Private Sessions with Our Teaching Team**  
Ten sessions throughout the program that offer hands-on support for your personal practice.
- ✓ **Where You've Been, Where You're Going**  
Every graduate closes the program in a one-on-one conversation with Karen and opens the door to what comes next.
- ✓ **Your Complete Reference Library**  
Four illustrated workbooks, 350+ exercise videos, 24-month replay access, and a private global community forum.
- ✓ **132 NCPT CEC Credits + Certificate of Completion**  
33 credits per module.

# A

## CLOSER LOOK

*FOR THE TEACHER WHO  
WANTS TO KNOW MORE*



# Teaching from the Inside

In each module, you'll film yourself teaching your program partner, then meet with Karen to discuss your session—the choices you made, how you read your student's body, and your plan for progress. This is not an evaluation, but a conversation about your teaching rationale. For many experienced teachers, it may be the first time anyone has asked you to explain and defend your choices. That conversation changes everything.

## The Anatomy Arc

Anatomy in Classical Progressions is studied sequentially, each module building on the last to deepen understanding. We start with the center in Foundations: the inner unit, the outer core, and the respiratory muscles. Intermediate I covers the pelvis and lower body—the main load-bearing structure and driver of extension. Intermediate II addresses the back and scapula, expanding the focus. Advanced integrates all elements—postural misalignments, imbalances, and the classical system's approach, synthesizing prior learning.

## The Alumni Connection

Before you graduate, you will research a complex condition—pregnancy, herniated discs, thoracic outlet syndrome, hypermobility, or a condition of your choice—and present your findings, exercise recommendations, and progressions to your class in a 30-minute lecture. Your work joins a growing alumni reference library, built by graduates before you and used by future teachers. After graduation, you'll receive a free monthly live workout with Karen for life.



# Not an exercise system. A complete *philosophy* of health.

Joseph Pilates was shaped by the world around him. His father's membership in the Turner movement — a tradition of physical culture rooted in community health and the belief that physical training was inseparable from human wholeness — left a deep imprint on his thinking. Artistic movements arise from historical, cultural, and personal experience. The Pilates method is no different. To understand where it came from is to understand why it works.

Pilates believed his method could do what medicine alone could not — realign the body and, in doing so, restore the heart, the breath, and the visceral functions disrupted by modern life. He didn't design an exercise program. He designed a health system. Understanding that vision changes everything about how you teach. This is where we begin.

# Designed for Working Teachers

BECAUSE YOUR TIME – AND YOUR STUDENTS – MATTER

Classical Progressions was built differently — because the weekend workshop model wasn't working. For anyone.

Classical Progressions meets twice weekly for three hours — focused, consistent, and deliberately paced. What you learn in class, you teach that week. Weekly practice is built into the program, because the work has to live in your body, not just your notes.

This is a small program by design. Twelve students. No one is a number here. I know every student by name — their bodies, their progress, their questions. If you need extra time or support, I'm there. I take mentorship seriously, and that means showing up for each of you personally throughout the entire fifteen months.

*"Most Pilates education asks you to absorb everything at once. By Sunday afternoon, attention wanes, information stacks up, and the momentum fades before you've had a chance to use any of it. I knew there had to be a better way — one that worked for teachers with studios, students, and a life."*



# Curriculum

*This program is a progression — each module builds directly on the last, and the order is not arbitrary. We begin where Joseph Pilates began: with the foundation. Students and teachers are often eager to move on to advanced work. What they discover here is that the advanced work was only ever possible because of what came before it. You cannot play Beethoven without knowing your scales.*

## 01

### FOUNDATIONS

*September 24 – December 17, 2026*

*This is where we build the base that everything else stands on.*

- Pre-Pilates exercises and their placement within the classical system
- Foundation exercises across all apparatus: Reformer, Mat, Cadillac, Wunda Chair, High Chair, Ladder Barrel, Arm Chair, and small apparatus
- Progressions within the foundational system
- Analysis of the classical Reformer and Mat orders
- Principles of Breath and Centering
- History and construction of all classical apparatus
- Anatomy of the center — exploring the inner unit, the outer core, and the layered muscular systems that make the classical work possible from the inside out
- Early historical influences of the Pilates method
- Movement mechanics: forward flexion and the supported postural position

# Curriculum

## 02

### **INTERMEDIATE I**

*January 7 – March 25, 2027*

*The foundation is set. Now we build.  
This is where the system begins to  
reveal itself.*

- Explore progressive paths from foundational to early intermediate exercises.
- Intermediate I exercises on all apparatus: Reformer, Mat, Cadillac, Wunda Chair, Electric Chair, Spine Corrector, Small Barrel, Ped-O-Pul, Ladder Barrel, Arm Chair, and Magic Circle.
- Principles of Concentration and Control
- Spotting techniques for both safety and correction
- Developing independent students
- Teaching from the Inside - Foundational sessions
- Anatomy of the pelvis and lower body
- The role of the pelvis in extension and locomotion
- Joseph Pilates: from WWI through his emigration to the US and the early New York studio

# Curriculum

## 03

### INTERMEDIATE II

*April 8 – June 24, 2027*

*Impossible to ignore — the connections are everywhere now. The system is no longer something you study. It's something you see.*

- Intermediate II exercises on all apparatus: Reformer, Mat, Cadillac, Wunda Chair, Electric Chair, Spine Corrector, Small Barrel, Ped-O-Pul, Ladder Barrel, Arm Chair, and Magic Circle.
- The Principles of Precision and Flow
- Anatomy of the back and scapula - understanding the structures that support the upper body and how they inform the intermediate work
- Mechanics of lateral flexion and rotation
- Teaching from the Inside - Intermediate I sessions and progressions
- Pilates history: Jacob's Pillow through Joe's later years
- Return to Life — Joseph Pilates' vision for movement as a way of life.

# Interterm

July 6 – September 11, 2027



Between Intermediate II and the Advanced module, we stop. Not because the program is winding down, but because the Advanced work demands everything you have. Everything you've learned over the past nine months needs time to settle before you're ready to meet it.

Interterm is ten weeks of focused, self-directed work. You'll record five of your own workouts – an opportunity for our teaching staff to observe your progress as you work independently, without direction. Five meetings with teaching staff follow, shaped by what they saw in your sessions and by what you bring to the conversation. These are not check-ins. They are an opportunity to shore up your skills, complete any outstanding work, and prepare your body and your mind for what comes next.

Most programs would push straight through. We don't. Because this is, above everything else, an education.  
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*"This pause is not a break. It is part of the work."*

# Curriculum

## 04

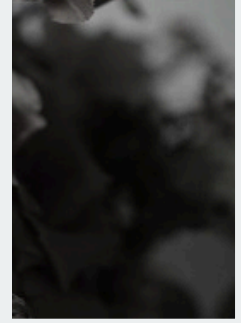
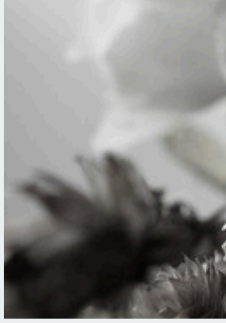
### ADVANCED

*September 23 – December 16, 2027*

*This is where the scales become music.*

- Advanced exercises across all apparatus, with pathways and progressions
- Understanding when a student is ready for advanced work
- Anatomy of posture — faulty patterns, movement imbalances, and how the classical system addresses them
- Teaching tools and methodologies for advanced students
- The classical method after Joe — lineage, legacy, and the teachers who carried the work forward
- Teaching from the Inside — Advanced
- Research Project — see A Closer Look for full details
- Where You've Been, Where You're Going

*"The pieces fit together. You have the whole picture. You know how to use the system.  
This is mastery. This is fluency."*



# 2026/2027 Program Calendar

**Enrollment for the 2026/27 cohort will end on Friday, September 4<sup>th</sup>, 2026.**  
The next available admission to the program will be Fall of 2027.

## 2026 FALL COHORT

*NOTE: All sessions meet via Zoom. Times listed in Pacific Time (PT).  
[Need to check your time zone? Click Here.](#)*

Workouts Tuesdays Seminars Thursdays	9 am - 10 am or 3 pm - 4 pm PT 9 am - 11 am or 3 pm - 5 pm PT
<b>Foundations</b>	September 24 - December 17, 2026 <i>*note there will be a one week mid- semester break from November 23 - November 29th.</i>
<b>Intermediate 1</b>	January 7 - March 25, 2027
<b>Intermediate 2</b>	April 8 - June 24, 2027
<b>Interterm</b>	July 6 - September 11, 2027
<b>Advanced</b>	September 23 - December 16, 2027

# TEACHING FROM THE INSIDE

WHERE YOUR TEACHING MEETS THE WORK

These sessions ask the question every serious teacher must eventually answer: why did you choose what you chose?

Jay Grimes put it simply: the mark of a truly good Pilates teacher is knowing which exercise will address the issues of a particular body.

That knowledge does not live in a manual. It cannot be memorized or rehearsed. It is built through years of work on your own practice, refined through thousands of hours of teaching, and tested quietly every time you enter the studio to teach.

Most teachers never have to articulate it. They make their choices, move through the session, and move on. Teaching from the Inside changes that.

In each module, you will film yourself teaching your program partner within the system you have just studied. Then you and Karen will meet – not to evaluate the session, but to examine it together.

The choices you made. How do you read the body in front of you? How you organized the work. What you noticed, and what you may have missed. Where are you planning to take your student across the full fifteen months?

This is not a performance review. It is a conversation about teaching – the kind most experienced teachers have never had the opportunity to have.

You have spent years developing your eye, your instincts, your sense of the work. These sessions give that knowledge a voice. Many teachers find that in the act of explaining their choices, they understand them – and themselves – more deeply than they expected.

That is the point.



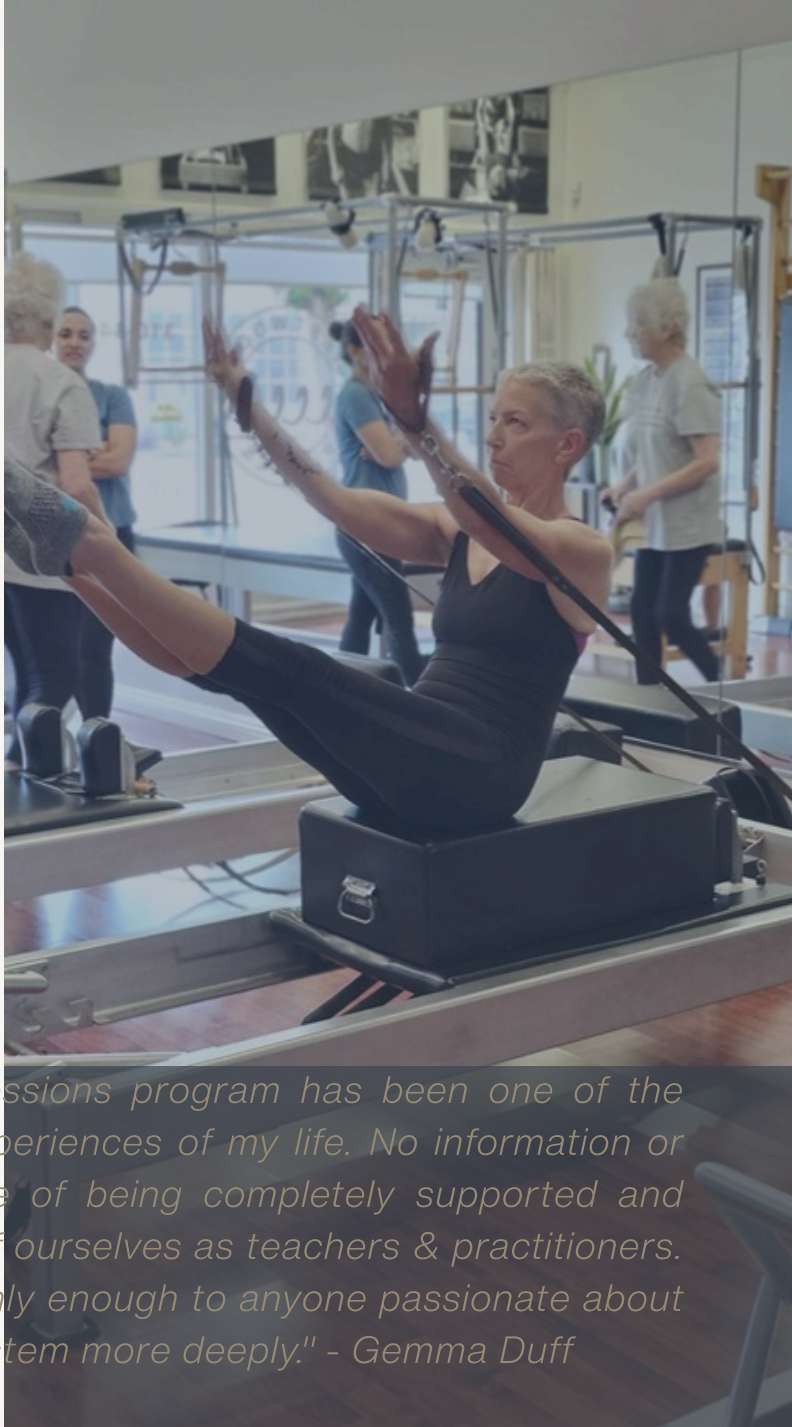
# ADMISSION

Classical Progressions is designed for working Pilates teachers who are ready to go deeper. **Enrollment is limited to twelve students per section.**

## Who Should Apply

Classical Progressions is designed for teachers who have completed a comprehensive, full-body Pilates training. Before scheduling your Discovery Call, please confirm that you meet the following requirements:

- Completion of a comprehensive Pilates teacher training program
- Minimum 450 hours of training
- Training on all major apparatus, including Reformer, Mat, Cadillac, and Wunda Chair
- Minimum of two years of experience teaching Pilates
- Currently employed as a Pilates teacher.



*"Participating in the Classical Progressions program has been one of the richest & most rewarding learning experiences of my life. No information or guidance is withheld — a true sense of being completely supported and encouraged to find the best version of ourselves as teachers & practitioners. I cannot recommend the program highly enough to anyone passionate about understanding the classical Pilates system more deeply!" - Gemma Duff*

# The Process

## YOUR PATH TO ENROLLMENT

Every teacher who joins Classical Progressions begins the same way – with a conversation. The process is designed to ensure that every student who enters the program is ready for it, and that the program is the right fit for them.

### DISCOVERY CALL

Schedule a complimentary 30-minute conversation with Karen to discuss where you are in your teaching, what you are looking for, and whether Classical Progressions is the right fit for you right now.

01

### TEACHING ASSESSMENT

Complete a 90-minute assessment with Karen. You will demonstrate a classical Intermediate I Reformer and Mat session, along with select exercises chosen by Karen. All assessments are recorded and the recording is yours to keep.

There is a \$250 Assessment Fee

02

### ENROLLMENT

Upon acceptance, submit your comprehensive teacher training certificate, a current resume or summary of relevant teaching experience, your enrollment deposit, and your signed program agreement within two weeks of your assessment.

03

### SELECT YOUR SECTION

Choose the AM or PM section based on your time zone and availability. See the Program Schedule for time zone conversions.

04

### WELCOME LETTER

Two weeks before your first session, you will receive a welcome letter with login instructions, required reading, and your first assignment.

05

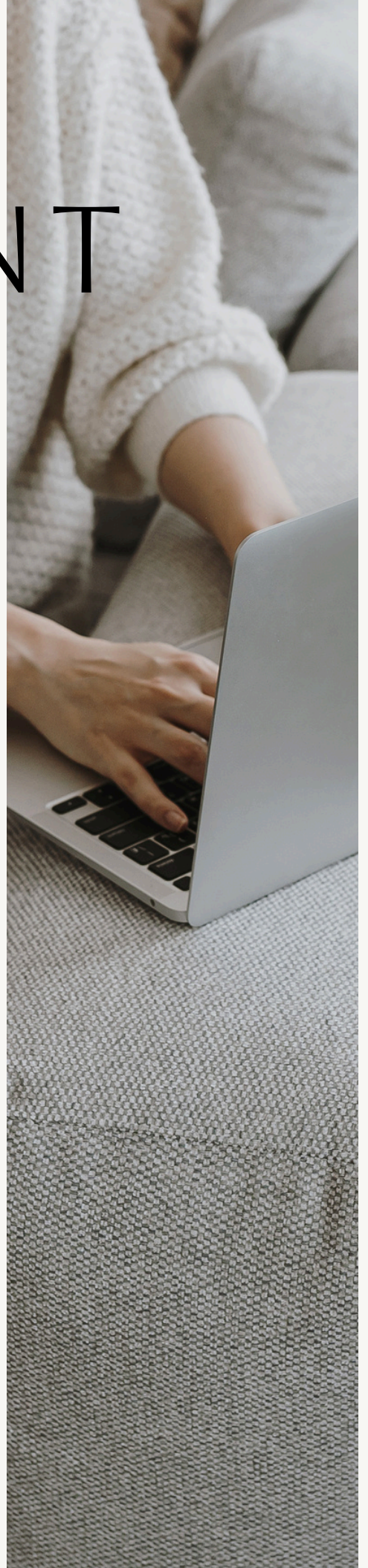
# INVESTMENT

*I have been a student my entire career. I know what it means to write a check for your own education and trust that the program is worth it.*

*Every element of Classical Progressions has been designed to honor what you bring to it. The curriculum, the teaching team, the private lessons, the assessments — all of it exists to ensure that what you put in, you get back many times over.*

## **A Note on Payment Plans**

We understand that serious professional development requires serious financial planning. The payment plan exists to make this program accessible to working teachers — including those managing studios, families, and full teaching schedules. There is no application required and no penalty for choosing this option.



# INVESTMENT

*Fifteen months. Five modules. Every apparatus. Every exercise. The complete classical system – in your body and in your teaching.*

## FULL PAYMENT

\$8299

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Best Investment - Savings of \$420

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Due within two weeks of acceptance

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## INSTALLMENT PLAN

\$8719

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\$715 deposit + 12 monthly payments of \$667

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Deposit due within two weeks of acceptance

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Monthly payments begin 30 days after program start

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## What's Included

- All five modules, including Interterm, with 2 years of continuous access.
- All Teaching from the Inside sessions with Karen
- 10 Private Lessons with the Teaching Team
- 1 Private Lesson with Karen
- 132 NCPT continuing education credits
- Where You've Been, Where You're Going Session with Karen
- Certificate of Completion

*Required texts and materials are not included. A full reading list will be provided in your Welcome Letter (approximately \$150). The entrance assessment fee of \$250 is separate from program tuition and is due at the time of booking.*

# POLICIES & PROCEDURES

*The following policies outline enrollment, payment, attendance, and conduct for Classical Progressions.*

*Please review them before submitting your application.*

*If you have questions, Karen will be glad to address them during your Discovery Call.*



# Cancellation & Refund Policy

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## GRACE PERIOD

Students may withdraw within seven (7) days of paying their deposit and receive a full refund, less a \$50 administrative fee. After the grace period has passed, the refund schedule below applies.

## FULL-PAYMENT STUDENTS

Withdrawal Timing	Refund
<b>Before program start (Sept 24, 2026)</b>	75% tuition refund
<b>During Foundations (before Dec. 17, 2026)</b>	50% tuition refund
<b>During Intermediate I or later</b>	No refund

*Refunds do not include the entrance assessment fee, books, or materials.*

## INSTALLMENT PLAN STUDENTS

Students enrolled in an installment plan who withdraw during the grace period will have their payment plan canceled and their deposit refunded, less a \$50 administrative fee.

Students who withdraw after the grace period but before the program start date will forfeit their deposit. No additional installment payments will be due.

Students who withdraw during the Foundations module are not eligible for refunds on payments already made. The installment plan will be canceled at the conclusion of the current billing cycle, and no further payments will be charged.

Students who withdraw during Intermediate I or any subsequent module are not eligible for refunds on payments already made. All installment payments through the completion of the module in which the student is currently enrolled remain due and payable. The installment plan will be canceled following the final payment for that module, and no additional payments will be charged thereafter.

# Leave of Absence

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We understand that life as a working teacher is unpredictable. A Leave of Absence allows a student to pause their enrollment between modules with the full intention and right to return.

## **ELIGIBILITY AND PROCESS**

Leaves of Absence may only be requested between modules and cannot be initiated once a module is in progress. Requests must be submitted in writing prior to the start of the upcoming module and are subject to approval.

To be eligible for a Leave of Absence, students must:

- Be in good academic and financial standing.
- Have completed all assignments and financial obligations associated with their current module
- Intend to return to the program within the approved leave period.

Upon approval, the completed module credits will be retained, and their position within the program pathway will be held for re-entry into any future cohort.

## **RE - ENTRY**

A Leave of Absence may not exceed one full program cycle (approximately 12–15 months).

Students on approved leave will receive a formal re-enrollment notice approximately 10 months into their leave period. Students must confirm their intention to return within 30 days of that notice. Failure to respond within that timeframe will result in the Leave of Absence automatically converting to a voluntary withdrawal, and the program's withdrawal policies will apply.

Students returning from an approved Leave of Absence will re-enter with the next available cohort, provided space is available. Re-entering students are subject to the program tuition and pricing structure in effect at the time of re-enrollment.

Karen reserves the right to require a reassessment prior to re-entry to ensure the student is adequately prepared to advance into the next module.

## **INSTALLMENT PLANS DURING LEAVE**

For students on an installment plan, payments will be paused during the approved leave and will resume upon re-enrollment.

# Withdrawal

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A withdrawal is a permanent exit from the program. Students who withdraw forfeit their enrollment and any reserved spot in their cohort.

Refunds are governed by the Cancellation & Refund Policy above.

Students who wish to return after withdrawing will be treated as new applicants — with a full application, a new assessment, current program pricing, and starting the program from the beginning. Credits for previously completed modules are not transferable or reinstated.

## INSTALLMENT PLAN OBLIGATIONS UPON WITHDRAWAL

Students on an installment plan who withdraw remain responsible for all payments through the end of the module in which they were enrolled at the time of withdrawal. The plan will be cancelled following that final payment, and no further payments will be due thereafter.

## LEAVE OF ABSENCE VS WITHDRAWAL - AT A GLANCE

Situation	Leave of Absence	Withdrawal
Between modules	Allowed; installment plan paused	Refund per schedule; plan canceled
Mid-module	Not permitted	Payments due through end of current module; plan canceled
After maximum leave window	Automatically converts to withdrawal	-
Re-Entry	Current pricing; space permitting; no restart required	New applicant; full restart; no module credits retained

# Attendance Policy

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Classical Progressions is designed for working teachers, and we understand that life and work don't pause for a program schedule. All sessions are recorded and uploaded to the course portal within 24 hours, so you will never miss the material.

That said, live attendance matters. The cohort model is built on real-time interaction — with Karen, with your program partner, and with your fellow students. Much of the learning happens in the room.

Live attendance of at least 80% of scheduled sessions per module is required to receive NCPT continuing education credit. Each module carries 33 NCPT credit hours. Students who fall below the 80% threshold in any module will not receive CEC's for that module and will be reviewed individually to determine next steps.

If you anticipate an extended absence, please contact Karen as early as possible. We will do everything we can to support your progress.

# Graduation Requirements

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To receive your Certificate of Completion, students must meet all of the following:

- Attendance at 80% of workouts and seminars in all modules
- Successful completion of all homework assignments
- Completion of all private sessions with the Teaching Team
- Completion of all Teaching from the Inside sessions with Karen
- Completion of the Where You've Been, Where You're Going session with Karen

# Equipment Requirements

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Classical Progressions is a participation-based program. Every student must have access to the following apparatus at a minimum:

- Reformer
- Mat
- Cadillac or Tower
- Wunda Chair
- Barrel (Spine Corrector or Small Barrel and Ladder Barrel)

The program also covers the Arm Chair, Ped-O-Pul, High Chair, Electric Chair, and small apparatus. Classical equipment is strongly recommended.

If you have questions about your current equipment setup, please raise them during your Discovery Call.

## Recording Policy

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All Classical Progressions sessions are recorded. Recordings are hosted on YouTube and uploaded to a private course portal. Access is limited to currently enrolled students within the cohort. Recordings are not shared publicly and are not available after a student's enrollment ends.

*A note for enrolled students: by participating in the program, students consent to being recorded during live sessions. Specific terms regarding recordings, including restrictions on sharing or publishing session content on social media or other platforms, are outlined in your program agreement.*

*Questions about these policies? We're happy to walk through anything before you apply. Reach Karen at [karen@karenfrischmann.com](mailto:karen@karenfrischmann.com) or book a **Discovery Call***

# KAREN FRISCHMANN

Program Director | Educator



*Karen Frischmann is a leading voice in classical Pilates education, known for her ability to help teachers deepen their understanding of the original method – and themselves as teachers.*

As the creator of Classical Progressions, Karen provides an immersive and structured approach to studying Pilates in its purest form. She also leads The Mastery Series, a monthly membership for teachers seeking ongoing mentorship and professional development.

A sought-after presenter, she is known for her clarity, depth of knowledge, and engaging teaching style. With decades of experience, she has mentored hundreds of instructors worldwide, guiding them to refine their teaching and develop a keen eye for movement.

Karen's approach is rooted in the belief that the work itself is the teacher and that every serious Pilates educator deserves the opportunity to study it thoroughly.

While the method remains unchanged, she embraces modern technology and online learning to make classical education more accessible to working teachers worldwide. She is currently based in Northern California.

# HILARY RYAN NORCROSS

Educator



*Hilary's journey with Pilates began in 1981 as a dancer with American Ballet Theatre. A hip injury in 2013 brought her back to Classical Pilates — and set her on the path that led her here.*

Hilary completed a rigorous 700+ hour certification program with Dorothee Vandewalle at Metropolitan Pilates in Seattle in 2014, and established her own California studio in 2015.

She enrolled in Classical Progressions in 2022 and found the experience so transformative that she accepted an invitation to join the teaching team. She continues to teach students and fellow teachers both in-person and online.

A lifelong student of the method, Hilary continues to study with Dorothee Vandewalle, Karen Frischmann, and Jay Grimes.

Through her teaching, she endeavors to foster a supportive learning environment that honors Joseph Pilates' original work — and to pass that commitment on to every teacher she has the privilege of working with.

# CHRISTINE WATERMAN

Educator



*Christine has been teaching Pilates for over 20 years. Her journey from contemporary to classical training led her to Karen – and to a clarity in the method she had been searching for.*

Christine's journey began with a contemporary certification and deepened with a classical, comprehensive certification rooted in Romana Kryzanowska's work.

After years of classical teaching, it was under Karen's guidance that Christine found lasting clarity in the Pilates method – a clarity she now brings to every student she teaches.

Christine is a Nationally Certified Pilates Teacher and is honored to serve as an educator in Classical Progressions.

Her passion is sharing Joseph Pilates' method as closely to its original intent as possible, so that teachers everywhere can carry the work forward with integrity and confidence.

# IN THEIR OWN WORDS

## TEACHERS ON THE CLASSICAL PROGRESSIONS EXPERIENCE

These are the words of working teachers who made the commitment, did the work, and returned to their studios changed. We are honored to share their experience.



*GEMMA DUFF*

*-Amity Pilates, Victoria Australia*

*Participating in Classical Progressions has been one of the richest and most rewarding learning experiences of my life. No information or guidance is withheld - a true sense of being completely supported and encouraged to find the best version of ourselves as teachers.*



*TAMI DURHAM-CRANE*

*-Studio 17, Greenville, NC*

*This program is outstanding in clearly demonstrating how Joseph Pilates' Classical Method is a 'system'. You will graduate with a clear understanding of how to confidently and safely use the system to make unmistakable, measurable progress.*



*ERICA YOUNG*

*- Ridgway Pilates, Telluride Colorado*

*This program changed the way I think about, practice, and teach the Pilates Method. I now have a clear pathway to progress my students and the confidence to grow my studio.*

# FAQ

## *DO I NEED TO TRAVEL?*



No. Classical Progressions is conducted entirely online via Zoom. Students join from Australia, Asia, Europe, South America, Mexico, and across the United States. You never need to leave your studio.

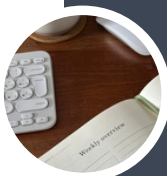
## *I WASN'T CLASSICALLY TRAINED. IS THIS FOR ME?*

Yes. Classical Progressions welcomes certified teachers trained in any method, provided you meet the admission requirements. What matters is your curiosity, your commitment, and your willingness to be a student again.



## *I AM CLASSICALLY TRAINED. IS THIS FOR ME?*

Yes. Many of our students come with a classical foundation and find that the program deepens their understanding in ways they didn't anticipate. Studying the complete system in a structured environment challenges even experienced classical teachers to look closer.



## *CAN I AUDIT THE PROGRAM?*

No. Due to the limited class space and the nature of the program, all participants are expected to attend the live sessions and participate in the group discussion.



## *WHAT IF I CAN'T MAKE A LIVE SESSION?*

All sessions are recorded and uploaded to the portal within 24 hours, so that you won't miss any material if you're absent. In order to qualify for NCPT CEC credits, you'll need to attend 80% of the semester classes live. If you anticipate an extended absence, please discuss this with Karen.



# FAQ

## *WHAT IF NEITHER SECTION TIME WORKS FOR ME?*



We run two sections simultaneously, once per year, to accommodate students across time zones. If neither works, we encourage you to plan for the following year or explore our other programs. Book a call and let's chat about options.

## *HOW MUCH TIME SHOULD I COMMIT EACH WEEK?*

Plan for approximately ten hours per week outside class. This includes workouts with your program partner, reading, homework, etc. Classical Progressions is a serious professional commitment.



## *HOW LONG DO I HAVE ACCESS TO THE PROGRAM?*



All enrolled students have access to the course portal for two years from their program start date. Extended access may be requested.

## *WHAT APPARATUS DO I NEED?*

Access to a Reformer, Mat, Cadillac or Tower, Wunda Chair and Barrels is required. This program also covers the Arm Chair, Ped-O-Pul, High Chair, and small apparatus. Questions? Ask Karen at your Discovery Call



## *DO I NEED CLASSICAL EQUIPMENT?*



The apparatus and exercises in any system go hand in hand. For the best results, we do recommend practicing on classical apparatus. If you are working with Contemporary equipment, we will help you to bring your apparatus closer to the classical experience.

# FAQ

## *WHAT IF I FALL BEHIND ON HOMEWORK?*



Incomplete homework will not prevent you from advancing. Interterm is designed for catch-up and consolidation. That said, certificates of completion and NCPT credit cannot be issued while work remains pending.

## *WHAT IF I NEED TO TAKE A BREAK MID-PROGRAM?*

A Leave of Absence may be requested between modules for qualifying circumstances. Please see the Policies & Procedures section for full details. We do everything we can to support you



## *WILL I BE CERTIFIED AFTER COMPLETING THE PROGRAM?*



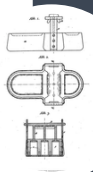
Classical Progressions awards a Certificate of Completion to students who meet all graduation requirements. This is a post-graduate credential for experienced teachers who have completed a rigorous study of the classical system.

## *HOW DO THE NCPT CREDITS WORK?*

The program is approved for a total of 132 NCPT continuing education credits across four modules. All work must be complete before certificates are issued.



## *IS THE ASSESSMENT FEE APPLIED TO TUITION?*



No. The \$250 assessment fee is a standalone fee for your 90-minute session with Karen and is not applied toward program tuition.

# FAQ

## *DO I NEED TO PAY FOR THE ENTIRE PROGRAM UPFRONT?*



No. We want to ensure this program is accessible. Classical Progressions offers two payment options — full pay at enrollment or an installment plan with a deposit and twelve monthly payments. See the Investment section for complete details.

## *CAN I SWITCH TO FULL PAY AFTER ENROLLING?*

Yes. Contact Karen to arrange a payoff of your remaining balance at any time.



## *WHAT MAKES THIS DIFFERENT FROM OTHER PROGRAMS?*



Depth. A comprehensive primary program focuses on introducing apprentices to teaching. It develops a strong foundation so that new teachers can begin their careers safely and effectively. Every teacher in Classical Progressions has completed a comprehensive primary certification, so we can build on what you know. We refine technique, work on upper-level teaching skills, and examine the purpose, philosophy, and system of classical Pilates. This is a true master's program.

## *ARE THERE MANUALS?*



You will be provided with an illustrated workbook for each module, with all the exercises and space for your own personal notes. You will be responsible for entering your exercise descriptions, relevant notes, related exercises, and progressions. This is a living, breathing document that you will be able to add to and adapt throughout your career.



# Next Steps

*You've found the program.  
The next step is a conversation.*

Classical Progressions enrolls once annually, with two sections running simultaneously. Spots are limited to twelve students per section and fill early. The first step is a complimentary Discovery Call with me — no pressure, no obligation. Just a conversation about where you are and where you want to go.

*Karen*

BOOK YOUR CALL

# A

# APPENDIX

Assessment  
Exercises



# Assessment Exercises

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The exercises listed below represent the repertoire for your entrance assessment. Use this appendix as a study guide and self-assessment checklist as you prepare. All spring settings are based on classical apparatus standards.

## Intermediate I Reformer

Exercise	Springs	Repetitions	Notes
Footwork Series	4-3-2-1		
Toes	4-3-2-1	10	
Arches	4-3-2-1	10	
Heels	4-3-2-1	10	
Tendon Stretch	4-3-2-1	10	
Hundred	4-3	10	<i>Generally same as footwork</i>
Frogs	2	5	<i>Extension straps</i>
Circles	2	6 each way	<i>Extension straps</i>
Coordination	2	5	
Long Box Series			
Pull Straps	1	3	
T Shape	1	3	
Backstroke Swimming	2	3 each way or 6	
Long Stretch Series			
Long Stretch	2	5	
Down Stretch	2	3	
Up Stretch	2	5	
Elephant	2	10	
1 Leg Elephant	2	3 Each Side	

## Reformer cont.

Exercise	Springs	Repetitions	Notes
Short Box Series			
Round	2	5	
Reach	2	5	
Side Bend	2	3 sets	
Twist & Reach	2	3 sets	
Tree	2	3 sets	<i>Generally same as footwork</i>
Short Spine	2	5	<i>Extension straps</i>
Semi-Circle	2	3 each way	<i>Extension straps</i>
Knee Stretch Series			
Round	2	10	
Arched	2	10	
Knees Off	2	10	
Running	3	5 sets	
Pelvic Lift	3	8	
Side Splits	2-1	3 each side	<i>One spring preferred</i>
Front Splits		3	<i>Optional</i>
Thigh Splits	2	5	
Low Split	2	10	
High Split	2	3 Each Side	

# Intermediate I Mat Order

Exercise	Repetitions	Notes
Hundred	10	
Roll Up	3	
Single Leg Circle	5 each way	
Rolling Like a Ball	6	
Single Leg Pull	5 sets	
Double Leg Pull	5	
Single Straight Leg Stretch	5 sets	
Double Straight Leg Stretch	5 sets	
Criss Cross	3 sets	
Spine Stretch Forward	3	
Open Leg Rocker	6	
Corkscrew	3 sets	
Saw	3 sets	
Swan Dive	5	
Single Leg Kick	3 sets	
Double Leg Kick	5	
Thigh Stretch	3	
Neck Pull	3	
Side Kick Series		
Front / Back	5	
Up / Down	5	
Small Circles to the Back	5 each way	
Big Circles	3 each way	
Teaser	3 sets	
Swimming	20	
Seal	5	

# Cadillac

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Exercise	Repetitions	Notes
Roll Back	3	
Leg Spring Series		
Simple Frog	5	
Leg circles	5 each way	
Walking	3 sets	
Beats	10	
Bicycle	3 sets each way	
Big Frog	3 sets each way	
Arm Springs Lying Down		
Press Down	5	
Circles	5 each way	
Tricep Press	5 each way	
Push Thru	3	

# Wunda Chair

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Exercise	Repetitions	Springs
Press Down	3 sets	1 middle spring
Pull Up	3 sets	1 middle + 1 bottom or 1 top + 1 bottom
Spine Stretch Forward	3	1 middle spring
Teaser Stretch	3	1 middle spring

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Prepared for your assessment?

[Book your discovery call now](#)



# QUESTIONS?

WE'RE HERE TO HELP

Classical Progressions is a significant commitment, and we want you to go in with complete clarity. If you didn't find your answer here, Karen is happy to talk it through.

Every teacher who applies begins with a complimentary Discovery Call – a chance to ask questions, talk about where you are in your teaching, and decide together whether this is the right moment for you to make this commitment. There is no pressure and no obligation. Just an honest conversation between teachers.

We look forward to meeting you.

LET'S CHAT