



A PILATES STUDIO

Comprehensive Pilates Certification  
Fall 2024/Winter 2025 Catalog 500  
hour training

Kinetic MKE  
2604 N Booth St Milwaukee, WI 53212

[kineticmke@gmail.com](mailto:kineticmke@gmail.com)

## **General Information**

Kinetic MKE is proud to be Peak Pilates' host studio/school for their comprehensive classical Pilates certification programming. It's our desire to be able to offer this quality Pilates certification program to Wisconsin residents. Peak Pilates Comprehensive (PPC) Instructor training prides itself on being the gold standard in classical Pilates education. The Peak Pilates system takes the guesswork out of teaching and sets the instructor up for success in teaching a fully integrated, classical approach. Our education holds true to the tenets of traditional Pilates as developed by Joseph and Clara Pilates while reflecting the latest in scientific advancements and we are dedicated to providing students the tools they need to understand and communicate the principles they are using and teaching. This comprehensive training prepares the instructor to teach the beginning, intermediate, and advanced syllabus in an individual private or group setting. The Peak Pilates Comprehensive Instructor Certification is recognized by the Pilates Method Alliance (PMA) and graduates are qualified to sit for the accredited PMA exam should they choose.

Peak Pilates is owned by Mad Dogg Athletics, Inc. Kinetic MKE is owner by Trey Fry and Meg Hopkins.

## **Kinetic MKE History**

Kinetic MKE was created by Meg Hopkins and Trey Fry in 2017, and is a boutique movement/fitness studio located in the Riverwest neighborhood of Milwaukee. Focusing on the classical/authentic Pilates Method, and the Franklin Method, Kinetic MKE serves a wide- audience of clients ranging from post-rehab to elite level athlete/dancer and everyone in between. We are proud to be the Peak Pilates education center for Wisconsin.

## **Peak Pilates Instructor Education /History**

After years of manufacturing a line of premiere Pilates equipment, Peak Pilates founded the educational arm of its company in 2000. A development team of 3 industry experts came together to build a top-tier classical comprehensive education that was launched in 2001. In 2007, Peak Pilates was purchased by Mad Dogg Athletics, Inc. and continued to update, expand, and offer Pilates education globally.

### **Mission**

Kinetic MKE is dedicated to preserving the classical/authentic Pilates Method, as developed by Joseph Pilates, and creating a space where that transmission can happen in Wisconsin as the Peak Pilates education center.

### **Philosophy**

Kinetic MKE is dedicated to providing an optimal learning experience for our students through the Peak Pilates comprehensive Pilates certification program. This includes:

- A 4-quadrant learning approach
- An opportunity to build upon their success
- A safe learning environment where students can work on details that will sharpen skills and improve techniques
- A planned strategy for success
- A highly trained and experience Master Instructor to act as a role model, guide, and coach to develop students theoretical knowledge and practical skills

## Course Materials

All courses are underpinned with materials that will not only take the student through the course, but will continue to act as a resource in the years to come as they gain more practical experience in the field. Course materials can be purchased online upon registration or by calling Peak Pilates customer service. These include:

- Peak Pilates Comprehensive Instructor Manual. Authored by Zoey Trap, MS, Colleen Glenn Wilson, Clare Dunphy, BS. Copyright 2013 Mad Dogg Athletics
- Home Study Guides that lay out each homework assignment with reflection
- Online Exercise Library- this details each exercise contained in the program in detail.
- Full Session Workout Online Videos: Beginner, Intermediate and Advanced Systems
- Dynamic Mat Workout Online Videos: Beginner, Intermediate and Advanced Systems
- 3 Repetition Audio drills to aide in ingraining the work into the body Audio Lessons to provide additional support in theoretical concepts such as understanding the order, progressing a student, and retaining clients.
- Narrated PPTs to underpin anatomy, movement and teaching essential

It is highly recommended that each student purchase a copy of Joseph Pilates original books: Return to Life Through Contrology and Your Health, available at [www.Amazon.com](http://www.Amazon.com).

## **Program Curriculum Overview**

Inspired by the classical tradition we at Kinetic MKE and Peak Pilates are dedicated to shaping the future. Historically, instructors were required to study in long apprenticeships at great cost with little or no materials. In 2000 we set out to revolutionize Pilates education and make it more accessible, affordable, and better supported. We began by exploring possibilities and studying existing schools and then began the arduous journey to our own education.

Our curriculum has been designed to allow the instructor to learn in steps as they are ready. The PPC program can be consumed in a year or the instructor can take a more leisurely pace to completion the decision is his/ hers. Each Level has been developed as a self-contained unit that builds on the previous learning. Level I lays a solid foundation of understanding movement, basic Pilates concepts and exercises, and teaching; Level II moves the instructor ahead exploring the elements of progression, expanding vocabulary, and correcting priorities in the body; Finally, Level III directs the instructor's mind, eye, and ear to refining movement quality and making corrections that count.

The course map is the lesson plan that the MI will use to unfold learning and develop practical skills, minute by minute.

Each Level includes a specific focus on:

- **Anatomy and Kinesiology:** These topics will be viewed as pertinent to Pilates. Understanding the anatomy or structure of the body helps to understand how to better interpret

student's postural and movement presentation. Kinesiology is the understanding of a body in motion. Understanding and seeing movement is the key to good Pilates instruction.

- **Vocabulary:** Cues we use change as the student and teacher progress. Each level will build on the teaching and cueing vocabulary.
- **Exercise Technique:** The beginning, intermediate, and advanced repertoire are taught consecutively for each level on mat, reformer, tower/Cadillac, high and low chair, ladder barrel, semi barrel, spine corrector, and endings.
- **The 5 Part Formula for Success:** This is the instructor's tool kit for success. It contains everything an instructor needs to guide and impart wisdom to the body.

## **Level I Overview**

### **Objectives:**

- Explain the Key Concepts, Critical Connections and other Pilates- specific vocabulary.
- List 10 benefits of Pilates
- List in sequential order all PPC I Mat and Reformer exercises.
- Demonstrate competence in the performance of all PPC I exercises.
- List and explain all aspects of Peak's 5-Part Formula for Success.
- Demonstrate the ability to teach to PPC I proficiency level using Peak's 5-Part Formula for Success.

- Explain the basic anatomy of the Powerhouse, the Central Nervous System, and how the effect movement.
- Define the term “movement system” and how Pilates fits this term. Learn how to implement appropriate building blocks, fundamentals and modifications to aide in progression.
- Understand how to implement the PPS I Special Case Formats.

Module 1: Pilates History, Introduction to Movement - Key Concepts, Pilates Principles, fundamentals, The introductory system, introduction to teaching with the 5 Part Formula for Success, Introduction to Powerhouse Anatomy

Module 2: Real Life Teaching, Movement Patterns, The Beginning System, Touch Techniques, Expanding teaching vocabulary, Critical Connections

Module 3: More beginning system exercises, teaching the body in front of you, progression, introduction to group teaching

Module 4: Working with common back issues, Review, teaching skills and drills, and assessment

## Level II Overview

### Objectives

- Learn the Intermediate System
- Advance teaching techniques by expanding vocabulary, cueing, and touch
- Understand and apply the 6 Elements of Progression
- Understand the anatomy and kinesiology of the shoulder girdle complex and cervical spine and how they relate to Pilates and posture.

- Be able to choose and apply exercises for individual needs in Part C of the format.
- Refine group teaching skills on apparatus.

Module 1: The Intermediate System, Expanding cueing with imagery and touch, cueing to the Intermediate Student

Module 2: Progression, Working with Neck and Shoulder Issues, Upper body alignment, assessment, group teaching, assessment

## Level III Overview

### Objectives

- Perform and teach the Advanced System
- Apply progression tools to ready students for advanced exercises Teach with an expanded repertoire including imagery, touch, cueing to the solution
- Understand the anatomy and kinesiology of the lower body and how the parts relate to each other, to gravity, to Pilates, and to posture.
- Explore and teach to enhance student movement quality
- Develop a quicker ability to see the body and refine movement with corrective cues and touch
- Program Part C for greater impact and with greater thought on selection and sequencing
- Gain a greater understanding of Pilates modifications and application with general weakness and special populations.



Module 1: Defining ‘advanced’, The Advanced System, Improving movement quality, Being present in the moment, progression

Module 2: Alignment of the Lower Body, Working with common lower body issues, touch techniques, deepening teaching skills

Final Assessment: Final Comprehensive Assessment of exercise technique and teaching

## **Holiday Schedule**

Courses are not scheduled on the following holidays: New Years, Easter, Memorial Day, Independence Day, Labor Day, Christmas

## **About the Wisconsin Peak Pilates Educational Centers**

The Wisconsin Educational Centers are fully equipped studios located in convenient, accessible areas.

All Peak Pilates Educational Centers are required to have a minimum of:

- 3 Combination Reformer, Mat, Tower Units
- 3 Jump Boards
- 1 classical high chair or combination high/low chair 1 Low or MVe chair
- 2 Spine Correctors
- 1 Ladder Barrel
- 2 Semi Barrels or 1 in-step barrel
- 1 Ped-o-Pul

- 1 Sandbag
- 1 Foot Corrector
- 3 Power Circles
- 12 Mats
- 3 pairs of 1 lb. hand weights

## **School Information**

Kinetic MKE is the education center for Peak Pilates Comprehensive Pilates Certification programming. It is owned and operated by Meg Hopkins and Trey Fry. Trey is the Peak Pilates Master Instructor. The studio's mailing address is:

Kinetic MKE  
2604 N. Booth St. Milwaukee, WI 53212

Instruction will also be provided in Madison, WI by Peak Pilates Master Instructor Courtney Weis at Purple Door Pilates, which is owned by Caroline Holden. The mailing address is:

Purple Door Pilates  
807 E Johnson St Madison, WI 53703

## **Wisconsin Faculty**

Each Education Center has an approved Master Instructor/Teacher Trainers (MI). All Peak Pilates MI's must hold a university degree, a comprehensive Pilates certification, a minimum of 3 years of teaching experience. Master Instructors are required to complete a rigorous online MI training skills course that covers presenting and coaching skills as well as to attend a 4- day course to focus on practical skills. MI's are tested on theoretical

and practical skills and most MI's are assigned a co-teach with an experienced mentor.

### Trey Fry- Program Administrator and Facilitator

Trey Fry is a Level II Peak Pilates Master Instructor and a lifelong student of movement. He is the co-owner of KineticMKE in Milwaukee, Wisconsin where he also teaches. Trey has a plethora of certifications in Pilates that include Colleen Glenn's Good Body's Certification, The Advanced Teacher Training through The Pilates Center of Boulder, Michael Miller Pilates, The Pilates Center of Austin, and Peak Pilates. He is a lifelong learner and over the years has worked hard to learn as many Pilates lineages as possible. Trey also holds GYROTONIC© and yoga certifications and is also a Franklin Method educator.

Trey was introduced to Pilates as a professional classical ballet dancer in 1999 and began teaching professionally in 2003. He has vast experience leading continuing education courses, facilitating workshops and helping to successfully implement Pilates programs into health clubs. Trey 's mission is to empower people to be in control of their own health and well-being, happiness and spiritual development through movement.

### Courtney Weis- Program Administrator and Facilitator

Courtney is a Level I Peak Pilates Master Instructor. She earned her Marketing BS from the University of Wisconsin- Madison in 1997. Courtney completed her Peak Pilates Comprehensive Certification in 2018, but has been teaching in the movement field since 1998, and teaching Pilates since 2009. Courtney is also certified through the American Council of Exercise in Group Exercise, the Physical Mind Institute for Pilates in 2009, Yoga Alliance RYT200 in 2010.

Courtney has always been a group exercise enthusiast and is passionate about movement. She began teaching fitness classes in 1998. Courtney’s passion is helping each instructor unlock his or her full potential. She discovered Pilates and was first certified with Physical Mind Institute in 2003 and again comprehensively with Peak Pilates in 2018. Courtney lives in Middleton with her husband, sons and dogs.

## Program Organization

PPC includes 3 levels of development for the instructor as they learn the beginning, intermediate, and advanced systems. These must be taken in sequence; however the student may opt to enter the 2<sup>nd</sup> and 3<sup>rd</sup> levels on their own time frame.

Level I is comprised of four, two-day modules along with intensive online study and homework that includes personal practice on technique, observation of teaching and practice teaching; While Levels II and III are comprised of two, two day modules. Modules are scheduled one month apart.

Levels II & III are 2, 2 day modules each, scheduled one month apart and are each 150 hours.

	Level I	Level II	Level III	Total PPC Hours
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Online and Self Study Hours*	160	80	80	320
Course Contact Hours	64	40	40	144
Observation Hours	40	20	20	80
Exercise Technique Practice Hours	40	40	20	100
Practice Teaching Hours	40	40	20	100
Total Hours	344	220	180	744

## Wisconsin Course Schedule

KineticMKE/ Level 1/ 2024/2025

Module 1: September 7-8

Module 2: October 5-6

Module 3: November 2-3

Module 4: December 7-8

### Program Evaluation

The Peak Pilates comprehensive program is subjectively and objectively evaluated through a variety of measures to ensure a high quality experience for students that exceeds their expectations.

Student feedback including online evaluations after every module MI feedback formally and informally solicited Leadership Team consisting of 5 Senior MI-Mentors and 3 international MI-Mentors providing feedback. These individuals' qualifications include 1 member with an MS in Education, 1 with a PhD in Business, 1 with an MS in Exercise Science, and 1 with

an advanced certificate in coaching, and all are MI's with at least 15 years facilitation experience.

Assessment scores and percentage ratio of successful to unsuccessful students

Program updates are typically undertaken annually

## **Catalog Changes**

Peak Pilates reserves the right to make changes or revisions to this catalog. Every effort has and will be made to ensure the accuracy of the information contained in this catalog. However, class topics for specific dates and times may be changed to accommodate student or MI requests.

## **Admissions and Entrance Requirements Requirements for Admission**

Applicants must:

Possess basic knowledge of anatomy and kinesiology gained through completion of an Anatomy or Kinesiology course online or at the University level, or completion of a health & fitness certification course that contains basic anatomy and kinesiology such as Group Exercise, Personal Trainer, or Yoga certification.

Complete 20 hours minimum of training on mat and apparatus.  
Be 18 years of age by completion of Level I portion of program.  
Complete application.

Pay registration and material fees.

Registration can be completed online at [www.peakpilates.com](http://www.peakpilates.com) or by calling MDA office at 1-800-847-7746.

**Acceptance notification** is provided via email. Accepted applicants are assigned an account in [peaku.peakpilates.com](http://peaku.peakpilates.com) where online education directives and live course information can be found.

Prior to attending Module 1 the program applicants are required to sign the Waiver and Non Disclosure forms.

Students have one year from the first day of the module to complete a level successfully.

**Application Deadline** is 2 weeks prior to the start date of each level.

## **Cancellation Policy**

Students will receive a full refund of all money paid if the student cancels within a three-business day cancellation period. The student will receive a full refund within 10 business days.

Student withdrawal may be made verbally or in writing to the facilitating Master Instructor or Peak Pilates customer service who will guide the student through the proper procedure.

If a student wishes to cancel or reschedule a course or workshop it may be done up to 96 hours (4 days) prior to the workshop start date without penalty.

If you cancel or reschedule prior to, but within 4 days, of a course or workshop, a 20% cancellation fee will apply.

## **Refund Policy**

Payment is made per module. Payment must be made in full for the module prior to the module start date. Once a student completes 100% of a module, refunds are not made as the

student has attended the entire module and completed the portion they have paid for.

Should a student withdraw prior to a module or during a module, the following applies:

The student will receive a full refund of all money paid if the student

1. Cancels within three-business day cancellation period under SPS 406.03
2. Accepted but was unqualified and the school did not secure a disclaimer under SPS 409.04
3. Enrollment was procured as the result of misrepresentations made by or on behalf of the school.

A student who withdraws or is dismissed after attending at least one hour, but before completing 60% of instruction in the module, is entitled to a pro rate refund as follows:

At Least	But Less Than	Refund of Module Tuition	
1 hour		10%	90%
	10%	20%	80%
	20%	30%	70%
	30%	40%	60%
	40%	50%	50%
	50%	60%	40%
	60% no	No Refund	

As part of this policy, the school may retain a one-time application fee of \$100. The school will make every effort to refund prepaid amounts for books and other materials. Hard



copy manuals must be unopened and in new condition to qualify for a refund.

Students will receive the refund within 40 days of the termination date.

Should a student withdraw after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro rate amount.

A written notice of withdrawal is not required.

Additionally, should a student miss more than 8 hours in a level the student will be deemed to have provided constructive notice of withdrawal. The student may be readmitted at a later date or at another location to complete his/her training. The student may re-enroll by contacting customer service or registering for modules needed online at [www.peakpilates.com](http://www.peakpilates.com).

## **Non -Discrimination Policy**

Kinetic MKE, and Peak Pilates Comprehensive Instructor Certification Program does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race, or religion.

## **Housing**

Kinetic MKE & Peak Pilates do not provide housing. If you expect to require housing, recommendations of local lodging will be provided upon request.

## **Travel and Expenses**

Kinetic MKE, and Peak Pilates is not responsible for travel or personal expenses for any training. Travelers should choose the most accessible and least expensive means of travel.

## **Employment Assistance Services**

Peak Pilates does not offer formal employment assistance services. If a graduate wishes to be listed on the “find and instructor” site on the Peak Pilates website they may choose to do so. Additionally, they can request networking support at the Pilates Empowerment Summit which Peak Pilates hosts annually or ask for information to be posted on social media pages.

The perspective for Pilates employment is positive as demand exceeds supply.

The program makes no guarantee of employment.

MI’s will provide references to studios that graduates have applied to upon request. Referrals to prospective employers are not based on direct contact with the employer regarding current job openings.

## **Student Conduct**

Students must adhere to the rules and regulation of Peak Pilates Instructor Education, hosted by Kinetic MKE. Students who conduct reflects discredit upon themselves or the program may be subject to termination. All students must conduct themselves in a manner that does not interfere with the learning process of other students, the classroom presentations by instructors, or the progress of the class in general.

Students are obligated and required to attend and participate 100% in all live course days. Students are expected to complete

all homework assignments and required practice and observation hours.

Kinetic MKE and Peak Pilates reserves the right of judgment to terminate a student for the following grounds:

Non-conformity to the rules and regulations of Peak Pilates

Excessive tardiness

Class disruptions including making derogatory comments about the facilitators or other students that cause them to feel invalidated

Falsifying record logs

Failure to make payments when due

Attending class under the influence of drugs or alcohol

Physically threatening, or verbally threatening physical harm to a facilitator or student

Carrying a concealed or potentially dangerous weapon

Sharing copyrighted materials or online account information for materials to be accessed

Theft

Student's who are dismissed from the program may apply for reinstatement at full cost 6 months after the dismissal notification. They must submit in writing a statement that

explains how they intend to act to not repeat the previous behavior.

## **Attendance**

Students are required to attend and participate 100% in all live course days. This ensures the student is immersed and benefitting fully from the experience that can only be gained through practical, supervised hours.

Formal attendance is taken each day. At the end of each module formal attendance is recorded online in the [peaku.peakpilates.com](http://peaku.peakpilates.com) account for access by Mad Dogg Athletics, Inc.

Please arrive 15 minutes early to prepare and be ready for a prompt start.

Students are expected to complete all homework assignments and required practice and observation hours.

Absences must be made up. Absences may be pre-arranged with the MI for family events. In the case of an accident or serious illness, the missed material must be made up. It is for the student's benefit that all missed material is made up prior to the next module. Master classes may be made up by taking private or group lessons at the Education Center. Workshops, drills, and discussions must be made up through individual tutoring. Cost for make up sessions due to absence is \$100 / hour. Absences are highly discouraged.

Students may miss no more than 8 hours per level. Students who miss more than this have 2 options:

Attend the missed module at any other location in the USA or Canada  
Rejoin the program when it is next scheduled

## **Tardiness**

Tardiness is unacceptable. It is a disruption for the entire group. In the event of tardiness, it is the student's obligation to make up any missed material at their expense of \$100/hour. Tardiness is marked as 10 minutes late. Tardiness in excess of 2 days will constitute a mandatory make up hour at the student's expense.

## **Probation, Dismissal and Re-Admittance**

Students who are not fulfilling the Student Conduct guidelines will receive both a verbal and written warning. In the event of a 2<sup>nd</sup> incident, termination may result. The decision to terminate a student will be made by the Education Center's Master Instructor in conjunction with Zoey Trap, Executive Director. A decision by the Executive Director is final.

In the case of physical threat or contact being made, the student will be dismissed immediately.

A student has a one year time frame in which to complete a level. This begins with day 1 of module 1 and ends on that date the following year. Should a student fail and need to reassess, the reassessment must be taken within this time frame.

Should a student fail his/her 2<sup>nd</sup> attempt, the student will have 2 options: program dismissal or re-enrollment at full price for the level failed.

## Appeals

A student who has been dismissed for any reason may appeal the dismissal to the Peak Pilates Executive Director. Appeals must be made in writing. Appeal documents will be reviewed and if warranted an interview will be set up with the student. Decisions will be made and reported to the students within 30 calendar days. If the appeal is approved, the student will be readmitted to the program. If the appeal is denied, dismissal is final.

A student who has been dismissed for the action of or threat of physical violence will not be readmitted to the program. They will forfeit the enrollment fee.

## Student Complaints

Students with concerns, complaints or suggestions are encouraged to bring them to the attention of course faculty at Kinetic MKE, the educational team at Peak Pilates, or customer service at Peak Pilates. Additionally, student evaluations are a tool to voice any concerns or make recommendations for improvement.

If satisfactory complaint resolution is not reached, a student can contact the EAP.

Department of Safety and Professional Services- Educational Approval Program

PO Box 8366

4822 Madison Yards Way

Madison, WI 53705

[www.dsps.wi.gov](http://www.dsps.wi.gov) [dspseap@wisconsin.gov](mailto:dspseap@wisconsin.gov) (608)266-1996

## Tuition and Fees

Tuition and materials fees are made in installments by module. Each module is \$599 and this must be paid in full by the start of the module.

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Level I Level II Level III

\$2, 796 \$1,378 \$1,378

Final Comprehensive Assessment is a fee of \$225

Fry/August 2020

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## Advance Standing

The Peak Pilates Comprehensive does not offer any advance standing for any previous training's course work. It does offer a separate and distinct Bridge Program for qualified a student that condenses the learning at each level.

## Student Progress

The MI at Kinetic MKE monitors student progress during live course hours. At the end of each module, students work with their MI to create an action plan to help steer them to success.

Self-evaluations forms are available for students.

All students are provided a Student Assessment Guide that contains specifics on how each portion of the assessment will be conducted, and what the criteria and minimums for each category include.

Assessment is conducted at the conclusion of each level and all elements must be successfully passed before the student can advance to the next level. Students must have all observation, exercise technique, and practice teaching hours completed in order to be eligible to assess. Assessment for each level includes evaluation of:

### Theoretical Knowledge

- Online multiple choice and true and false exam
- Case Studies for Levels II and III
- 80% is the minimum passing score Exercise Technique for mat and equipment - 93% is the minimum passing score Teaching
- A 55-minute full session individual lesson following the Session Format and demonstrating the use of the 5 Part Formula for Success
- A short portion of a group class demonstrating the ability to follow the Class Format and stand and command a safe and effective group Pilates class.
- Teaching segments are awarded a Pass or Fail. Each student must pass all criteria elements to a minimum standard. These standards and all forms are found in the Student Assessment Guide. Students are informed of assessment results formally, in writing, no more than 30 days following assessment.

Students who fail any portion of the assessment are required to re-assess at the minimum required level. Students will receive a detailed Successful Reassessment Form that will clearly indicate every element and exercise that was failed. This form includes Action Plans for each failed section to help the student reassess



successfully. Charges for reassessment are \$125 per section failed (exercise technique and/or teaching). Should the theoretical examination be failed the student will be charged \$75 reactivation for 2 more attempts to pass.

### Reassessment Options:

Student may assess with another group and incur no additional charges to the above; however, student must travel and be available on the assessment dates and times.

Private assessment can be arranged. The chart below provides cost.

PPC Course Theory Exercise Technique Group Teaching Full Session

## Certification

A Peak Pilates Comprehensive certification is awarded upon successful completion of all levels, completion of all live contact hours (as scheduled or privately made up), and all required course hours for observation, exercise technique and practice teaching, as well as all assessments. Students with this distinction are eligible to apply to take the PMA exam.

## Student Records, Graduate and Post Graduate Requirements

Kinetic MKE, the Peak Pilates education center for Wisconsin is required to maintain student records for a period of 6 years:

Student information including attendance, progress, grades, course start and completion dates, and student contact information are recorded online in a special account the MI has access to that is maintained by MDA inc.

The Final Report also contains student information on attendance, progress and grades and a copy of this is completed and maintained by both the MI and MDA inc. Student grievances and resolutions are recorded in an incident report that is sent to MDA inc with a copy kept by the MI.

Level I	0	\$100	\$35	\$100
Level II	0	\$175	\$35	\$100
Level III Comprehensive	0	\$215	\$35	\$100

Mad Dogg Athletics, Inc. retains and maintains the records for registration, assessment, certification, continuing education, waivers, and non- disclosures.

Final Reports for students (see above) as well as post graduate documentation records of continuing education courses and certification renewals are kept indefinitely.

Replacement certifications will be sent for a \$25 replacement fee. Records will only be sent to the registered participant.

**Graduation requirements**

Students must meet the program requirements outlined in this catalog.

**Post Graduate requirements**

Graduates are required to complete 14 hours every 2 years to stay current in their certification. 6 of these hours must be through Peak Pilates approved providers. 8 hours maximum hours can be taken at non Peak Pilates workshops, online programs, or at conventions.

Graduates may opt to take a maximum of 3 hours of continuing education credit by taking private lessons with a Peak Pilates MI through the Evolve Program.

CEC's are available online, through studio workshops, and by attending conventions.

CEC's must be in a Pilates-related field in order accepted for consideration.