

THE REFORMER CLASSES GUIDE

FOUNDING COHORT: START DECEMBER 2026

THE CHALLENGE FOR REFORMER TEACHERS:

Many Pilates teachers don't struggle with finding exercises. They struggle with deciding why to choose them, how to sequence them, and when to adapt them for different clients.

I have found that the most valuable learning doesn't come from simply receiving another class plan. It comes from understanding the thought process behind the programming, teaching the sequence in a real-world setting, and reflecting on the outcomes with other instructors.



HOW I CAN HELP DURING THIS PROGRAM:

The Monthly Reformer Guide was created to bridge the gap between receiving a class plan and confidently delivering it. It offers a space where teachers can explore programming decisions, ask questions, share experiences, and continue developing their teaching practice month after month. The goal is to add tools and thinking pathways to your programming not only to learn new class content.



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AN INSTRUCTOR MENTORSHIP PROGRAM

WEEK 1: THE CLASS

- A fully written Reformer class plan
- A recorded demonstration video
- Teaching notes and key objectives

WEEK 2: BEHIND THE PROGRAMMING

Join a live online session (60 to 90 minutes) where we break down the class and discuss:

- Why each exercise was chosen
- Programming considerations
- Progressions and regressions
- Teaching points and observations
- Adapting the exercises for different client needs

WEEK 3: LIVE Q&A

Bring your questions, experiences, and teaching challenges to a live discussion (60 to 90 minutes). This Q&A will be specific to the work shared in the class for this month.

WEEK 4: COMMUNITY REVIEW

We share feedback reports from different teachers. After teaching the class or sequence from the class, we'll come together to reflect on what happened in practice.

