

BalleCore® Instructor Certification Process www.ballecore.com

Certification is required in order to teach BalleCore to fitness/dance enthusiasts as well as those who wish to heighten the mind/body experience through exercise. The BalleCore Instructor Certification process is designed to give you in-depth training so that you can teach the BalleCore program safely and creatively with the utmost confidence while allowing your own freedom of expression based on the program's structure. Certification in BalleCore demonstrates your commitment to thoroughly learning the program and joining a team of top professionals who have earned the distinction of becoming a BalleCore teacher. If you have any questions about the process, you can send them to certification@ballecore.com.

Certification Course Objectives

BalleCore is a Core Conditioning and Balance Training-Based Technique

The course objectives focus on the BalleCore approach to training the *core* and the *body* while challenging sense of *balance*, *coordination* and *control*. Emphasis is also placed on exercising with the BalleCore Barre, taking the body in flexion, extension, rotation and lateral sidebending both on the mat and standing. You will experience firsthand a precise balance of three time-tested disciplines effectively integrated into a multi-dimensional workout without diluting the integrity of the three different exercise disciplines. The workout is based on particular elements drawn from Pilates, Classical Ballet and Hatha Yoga. You will learn the complete Level I & Level II integrative mind/body exercises and choreography. Also, key BalleCore components will be discussed and applied to the course and the topic of Balance will be covered.

- 1. Students will gain new knowledge of Pilates, Ballet and Hatha Yoga principles and exercises as they apply to BalleCore.**
 - Learn a precise balance of exercises from each discipline seamlessly combined into a multi-dimensional workout without diluting the integrity of the three different exercise disciplines. Learn the 10 universal components that make up BalleCore.
- 2. Students will recognize the benefits of a program that centers on Core Conditioning and Balance Training.**
 - Enhance mental focus, flexibility, power and muscular endurance. Prevent injury and improve exercise results.
- 3. Understand and apply the BalleCore Foundations, Body Concepts and revolutionary-style Framework.**
 - Strive to successfully craft a personally designed BalleCore class and become a sought-after instructor.
- 4. Learn the benefits of the BalleCore Barre and how it is an integral part of the BalleCore program. Understand how it can be used as an effective, multi-functional tool and applied in many alternative mind/body programs, movement and functional training classes, and private instruction.**
 - There are many benefits to using the barre: measure range of motion and flexibility; assess upper body positioning and help stabilize the scapula; as a visual for body alignment; and as a support for the body with floor and standing exercises.
 - Students will gain a basic understanding of how the BalleCore Barre can be applied to other group exercise classes and private training.
- 5. Students will learn about the importance of proprioception and Balance Training through related articles about balance and by practical drills using the BalleCore Barre.**
 - Students will be able to challenge their sense of balance with various exercises both on the mat and standing using the BalleCore Barre and learn to apply this knowledge to various fitness levels in a class setting.

6. **Experience how the customized BalleCore music works with creativity of the exercises emphasizing the effect of the brain/body connection.**
 - Develop better exercise flow. Unique to other mind/body programs, BalleCore incorporates customized music that accompanies the workout. The music helps participants tune in, concentrate more, and feel more focused performing the moves.
 - Create an enjoyable and inspirational workout for you and your students using the music as a focusing tool.
7. **Enrich your life through a creative and revolutionary exercise program.**
 - Motivate and optimize yourself and your students through a sophisticated and safe program that achieves the desired fitness objectives and personal goals.

BalleCore Instructor Certification Candidate Requirements – Pilates/Yoga and Dance

The BalleCore program is designed to accommodate all client ability levels—from the novice to the more experienced fitness enthusiast. Proper instruction of BalleCore requires an intermediate mastery of form and technique in *all three exercise disciplines – Pilates, ballet, yoga* – and a thorough understanding of functional anatomy as it applies to movement patterns. Because BalleCore is a sophisticated program, we expect a certain level of experience in movement/classical dance as well as a sound teaching background in group exercise or related mind/body discipline. This experience is important to present the BalleCore program artfully and with proper form. The BalleCore program may be a challenge to master and lead articulately for someone who has not met the criteria. Understanding that many of us come from varied movement backgrounds, we assume that BalleCore Instructor Certification candidates have a determined interest and can quickly develop a comfort level with the material they will learn during the comprehensive workshop.

BalleCore Instructor Certification Program Ideal For

- An experienced Pilates instructor, seasoned yoga instructor or professional ballet dancer looking to teach a creative, core-conditioning program that integrates interrelated disciplines emphasizing mental focus and full body control, breathing, placement, integrity, flow, centering, artistry and musicality.
- A well-rounded and experienced fitness instructor or personal trainer wishing to expand his/her knowledge in the mind/body exercise field and at the same time blend important fitness concepts like Core and Balance Training into a creative and cutting-edge format.
- A group exercise manager or fitness studio owner who is looking to offer a method to members and clients that is truly unique in its format. BalleCore is appealing to the professional who is responsible for investigating new, cutting-edge, mind/body programs that are not only member-friendly for all ages and fitness levels, but have the long-term ability to produce a loyal following based on the actual physical and mental results participants experience.

BalleCore Instructor Certification Training Format and Fees

Level I Instructor Training Workshop and Level II Intensive Practical Training are offered in a comprehensive, 4-1/2 day workshop. Completing both Level I & Level II as part of this 4-1/2 day session prepares you to test out. Many times, certification requires further practice work and will be granted at a later date based on completing the Certification requirements. (Please review the test-out procedures and guidelines.) Upon registration, you will receive a confirmation of the Level I & Level II Comprehensive Instructor Training Workshop enrollment and specific information about the training. The BalleCore Functional Anatomy Review Syllabus will be mailed electronically once the application has been accepted and payment has been processed. All other materials will be distributed on the first day of training. If you withdraw from the workshop, you must return the training manual to the BalleCore Teacher Trainer.

Level I Instructor Training Workshop: Day 1, 2 and 3 includes two master classes, in-depth training manual, theory and review, breakdown of format, and practical drills. (*The BalleCore Workout*,

published by Ballantine Books, should be purchased by the applicant prior to the workshop and is available online or in retail stores.)

Training required for Level I: 18 hours Fee: \$525

Level II Intensive Practical Training and Test Out: Day 4 and 5 includes two master classes, practical drills, constructive feedback and evaluations from the BalleCore Trainer, and additional theory and test-out fee. Day 5 also includes scheduled test-out sessions for Instructor Candidates who qualify. Otherwise, this day is used for further practical training and evaluations in preparation for the candidates to test out at a future date. (Please note that test-out is required within 45 days or an additional \$75 testing fee will apply.)

Training required for Level II: 14 hours Fee: \$425

Included with full payment of Level I & II: one BalleCore Barre[®], one practice custom CD, one BalleCore Band

BalleCore Barre: In order to succeed as a sought-after BalleCore instructor, we highly recommend purchasing the BalleCore Barres at the time of completing the comprehensive training. Consistent teaching hours in a group setting improves flow, creativity and technique and ensures a return on your investment. Instructors who successfully complete the program may purchase BalleCore Barres in bulk.

One-time special offer: maximum 20 barres Cost: \$29.99/per barre plus shipping and handling

BalleCore Instructor Certification Comprehensive Workshop (pre-qualified candidates are required to attend this 32-hour program)

1. **Level I Instructor Training** begins the program, which involves lectures and practical training with a Licensed BalleCore Teacher Trainer (2-1/2 days). Each participant receives a 100+ page manual and is given two Master classes by the Teacher Trainer. During the workshop, each participant will practice movement technique and modifications to exercises and will learn the BalleCore program (basic and intermediate) framework. The BalleCore One-to-One program and general teaching guidelines are covered. In addition, the topic of balance and correct and creative ways to utilize the BalleCore Barre and BalleCore Band is reviewed in detail. The Instructor-in-Training will be tested and evaluated on related functional anatomy at the end of the workshop and is expected to receive a score of 80% or better in order to qualify for Certification and to proceed with Level II.
2. **Level II Intensive Practical Training** is a continuation of Level I. It is Day 4 and 5 (14 hrs.) of the BalleCore Certification Comprehensive Workshop. During this time, each Instructor-in-Training will design a BalleCore class and have ample time to practice teaching that signature class with other participants. Constructive feedback and recommendations – and most importantly the support from the BalleCore Teacher Trainer – are accomplished during this period. Time is allotted to review Level I elements depending on the needs of the group. Evaluations will be given at the beginning of Level II. The goal for every participant is to prepare the Instructor-in-Training to qualify to test out. Often, the Instructor-in-Training will need to participate in more documented classes *after* the Level I & II Comprehensive Workshop. Regular class fees charged for documented training to complete the Level II process are paid directly to the host of the BalleCore classes and/or Certified Instructor at the specific studio where you register to take BalleCore classes. However, if there is not a Certified BalleCore Instructor in your area, the Teacher Trainer will offer recommendations for self-practice in order for you to successfully test out and complete your Level II training process. All participants are encouraged to take additional classes in ballet, yoga and/or Pilates.
3. **Test-Out** for Certification is offered on Day 5 for qualified Instructors-in-Training to be able to test out directly with the BalleCore Teacher Trainers. After successfully completing the Level I and Level II Intensive Training program, those Instructors-in-Training are evaluated and, if qualified by BalleCore staff, are scheduled for test-out sessions on Day 5. Instructors-in-Training who are

not ready to become certified will use Day 5 as a Practical Review and to receive additional BalleCore Instructor Training. The Instructor-in-Training will be tested on the knowledge of BalleCore foundation and body concepts, the BalleCore program framework, proper cueing, interaction with a group, program structure and flow. These scheduled test-out sessions are conducted by BalleCore staff. Once the candidates have successfully passed the test-out process, they will be awarded Certification by BalleCore, LLC.

4. **For candidates who require additional time**, the test-out process can be completed by submitting a video (VHS) tape in addition to a typed outline of the entire 55-minute class framework to management at BalleCore, LLC within 45 days. If more than 45 days is needed, participants have 4 months from the date of their Level I & II training to complete the program. An additional \$75 testing fee will apply after the 45th day. A participant who is unable to complete the training within the 4-month time period from the date of the Level I training course for any reason must retake Level I & Level II at the current fees.

Throughout the Certification Process, our goal is to be available to assist and support you in order for you to successfully complete the Certification Process and continue to enjoy your BalleCore experience.

Typical Level I with Level II Practical Review Comprehensive Training Schedule

Day 1	(Wednesday - evening)	5:00 p.m. – 8:00 p.m.	3 hours
Day 2	(Thursday - all day)	8:30 a.m. – 4:00 p.m.	7.5 hours
Day 3	(Friday - all day)	8:00 p.m. – 3:30 p.m.	7.5 hours
Day 4-5	(Saturday & Sunday - all day) Practical Drills and Review Preliminary Evaluations Test Out	8:00 a.m. – 3:00 p.m.	14 hours

Additional Instructor Training Programs

Level III Training

1-Day Workshop: Includes advanced choreography accompanied by training manual inserts and one master class.

Prenatal/Postnatal Training

2-Day Workshop: Includes a review of pregnancy guidelines, master prenatal class and training manual inserts of prenatal class format. The workshop is taught by a certified prenatal instructor who is also a certified BalleCore Teacher Trainer.

BalleCore On-the-Move

1-Day Workshop: Includes choreography, framework accompanied by training manual inserts and one master class.

BalleCore Pilates

1-1/2 Day Training Workshop: *For certified and experienced Pilates instructors only.* Includes manual inserts, mat repertoire breakdown, and correct use of the BalleCore Barre and modifications.

Group Certification Training Available

Onsite training at your location can be arranged. For more information about scheduling a training at your facility, please contact the developer, Molly Weeks, at (617) 698-CORE or mollyweeks@ballecore.com.