EUROPEAN STANDARDS europe active

CĀYO FITNESS ACADEMY AND RESEARCH CENTER PRIVATE LIMITED
Professional Education. Consulting. Management.

SPEFL-SC Sports & Fitness Sector Skill Council Creating Livelihoods Through Sports and Fitness

# PILATES ON MAT TEACHER COURSE

## BENGALURU | November 15 to December 17, 2026

***Enroll before November 11 and avail 10% DIWALI discount (T&Cs apply)!***

**FEE • INCLUSIONS • EXCLUSIONS**

### FEE PAYMENT SCHEME 1

Pay 01 sum / Credit Card
**MOST PREFERRED!**

| | |
|---|---|
| FEE | **₹40,000** |
| Less discount | **05%** |
| NET PAY | **₹38,000** |
| Add @ 5% GST | **₹1,900** |

**YOU PAY: ₹39,900**

#### INCLUSIONS

Per attendance and passing of exams

1. GÁYO FITNESS SPORTS ACADEMY Pilates on Mat teacher
2. EUROPEAN STANDARDS EREPS Level 4 Pilates Matwork teacher
3. Complimentary certificates
4. Pilates on Ball teacher

b. Fitness Assessment & Exercise Prescription
c. First Aid & CPR with AED

#### LEARNING RESOURCES

Per course / fee payment schedule

- eBOOKs
- "Viewer" access to exercise videos for 60 days after certification
- YouTube links to pre-recorded and "live" online sessions
- Post-certification mentoring
- Internship - conditions apply

#### EXCLUSIONS

Ask for pricing

- Skills India NSQF Level exam & certification
- European Standards EREPS Level 4 Pilates Mat teacher certificate
- Meals, travel and accommodation
- Hardcopies of books
- Hardcopies of certificates

### FEE PAYMENT SCHEME 2

Pay in MAX 3 EQUAL monthly instalments

| | |
|---|---|
| FEE | **₹40,000** |
| Less discount | **NIL** |
| NET PAY | **₹40,000** |
| Add @ 5% GST | **₹2,000** |

**YOU PAY: ₹42,000**

#### INCLUSIONS

Per attendance and passing of exams

1. GÁYO FITNESS SPORTS ACADEMY Pilates on Mat teacher
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### TIMETABLE

**ONLINE | 01:00 pm to 2:30 pm**
**Zoom webinar**

| | |
|---|---|
| Nov 15 | History & Philosophy of Pilates |
| Nov 17 | History & Philosophy of Pilates |
| Nov 19 | Principles of Pilates Part 1 |
| Nov 21 | Principles of Pilates Part 2 |
| Nov 24 | Anatomy of Pilates Part 1 |
| Nov 26 | Anatomy of Pilates Part 2 |
| Nov 28 | Introduction to Pilates Exercises - 1 |
| Dec 01 | Introduction to Pilates Exercises - 2 |
| Dec 02-10 | Home Study & Practice |
| Dec 15 | Fitness Tests & Exercise Prescription 1 |
| Dec 17 | Fitness Tests & Exercise Prescription 1 |

**OFFLINE | 10 am to 4:30 pm**
**LOTUS FITNESS - JP Nagar 3rd Phase**

LOTUS AQUATICS • FITNESS • SPORTS

**December 11**
Matwork Practice - 1

**December 12**
Matwork Practice - 2

**December 13**
Matwork and Ball Practice - 3

**December 20**
Matwork and Ball exams - tentative

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