



Hi {{ contact.FIRSTNAME | default: "there" }},

One thing we hear often from studio owners: “I’d love to offer teacher training... but I’m not sure how to make it work.”

More space.

More equipment.

More payroll.

It can feel overwhelming.

And yet, the Pilates market as a whole continues to grow (both participation and training). Industry reporting from Future Data Stats shows steady expansion across classes and education.

So the opportunity is real.

But here’s what many studio owners don’t realize: You may already have the infrastructure to begin.

Not by building something bigger. By structuring what you already have differently.

Here’s what that can look like inside a Pilates studio specifically:

1. Use Your Quiet Hours Intentionally.

Most studios have soft spots in their schedule — early afternoons, later Friday evenings, certain weekends. Training modules can live there without disrupting revenue-heavy class times.

2. Break the Curriculum Into Intensives.

Instead of weekly long blocks, consider one weekend intensive per month. This keeps payroll tight and lets working adults commit more easily.

3. Require Practice Teaching Within Current Classes.

Instead of creating separate “practice labs,” embed trainees into real classes under supervision. It saves space and mirrors real teaching conditions.

4. Cap the First Cohort on Purpose.

Four to six student teachers is often ideal. Small cohorts protect quality and keep your operating costs predictable.

If teacher training has felt out of reach, it may just need a smarter structure.

If you want to map this out for your specific schedule and space, reply back and tell us about your studio. We'll help you think through it.

Cheering you on,
Team PEI



At PEI, our mission is to increase the number of highly-qualified Pilates instructors across the world by empowering you, the Pilates studio owner, to build and implement a Pilates teacher training program. We provide the curriculum and resources, and you train your own instructors - and keep the profits!



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