



7 Common Training Gaps You Can Solve With a Standardized Curriculum

Hi there,

Many studio owners have experienced this moment.

A newly certified instructor begins teaching... and you realize they still need guidance.

They understand the exercises.

But teaching them clearly, adapting them for different bodies, and running a class with confidence are skills that take time to develop.

This isn't unusual. **The American Council on Exercise (ACE)** has noted that new instructors across the fitness industry often report feeling underprepared when they first begin teaching, particularly in areas like communication, observation, and class leadership.

This is where a structured curriculum can make a big difference.

Strong [teacher-training programs](#) focus not just on exercises, but on the teaching skills that help instructors grow into confident educators.

Here are 7 training gaps that studios often address through standardized curriculum.

1. Clear cueing

Knowing an exercise and explaining it clearly are two different skills. Teaching language and cueing strategies help students guide movement effectively.

2. Adapting exercises for different bodies

Students learn how to adjust movements for beginners, experienced clients, and people with varying abilities.

3. Class flow and pacing

Running a full class requires rhythm, sequencing, and awareness of group dynamics.

4. Observation skills

Great teachers are always watching how clients move and respond. Observation is a skill that must be trained.

5. Professional communication

Teaching involves clear language, supportive feedback, and respectful guidance.

6. Confidence leading a room

Practice teaching and mentorship help students build the confidence needed to lead a class.

7. Understanding Pilates principles

Beyond exercises, strong programs teach the philosophy and principles behind the method.

Your next steps:

- Reflect on the skills new instructors often develop after they start teaching
- Identify which of these areas would benefit from structured training
- Consider how a standardized curriculum could support future teachers

When studios provide thoughtful education, they strengthen the entire teaching community.

Students learn with confidence.

Teachers grow in skill.

And the work of Pilates continues to be shared with care.

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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