



## How Hybrid Learning Can Expand Your Teacher Training

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

One of the questions studio owners often ask when they start thinking about teacher training is this:

*“How often do students really need to be here in person?”*

The answer depends on what they’re learning.

Many studios are structuring their training programs using a **hybrid model**.

Some parts of the curriculum happen online, while the hands-on work happens inside the studio.

This approach is becoming more common across the fitness and education industries. A survey from Fitness Mentors **found that nearly 59% of fitness professionals prefer delivering sessions through a mix of in-person and virtual formats.**

For Pilates education, that combination can work especially well.

Students can study theory and concepts at home, then come into the studio to practice teaching, observe classes, and receive mentorship.

Here are just a few ways studios are structuring hybrid programs successfully.

### **1. Study knowledge-based lessons online.**

Topics like anatomy, Pilates history, and teaching principles can be delivered through recorded lessons or live virtual sessions in alignment with PEI's curriculum.

Students can revisit these materials as many times as they need, which often helps them absorb the concepts more deeply.

### **2. Learning how to teach exercises, as well as mentorship, must happen in the studio with the Pilates teacher.**

Observation hours, practice teaching, cueing, and feedback all benefit from being in person. This is where students develop their teaching presence.

### **3. Use virtual check-ins between training times.**

Short video meetings allow you to answer questions, review assignments, and stay connected with students between in-studio sessions.

### **4. Create a rhythm students can plan around.**

Some studios hold monthly in-studio intensives, while others meet every few weeks with online coursework in between.

The goal is to keep the learning steady and ensure the full required hours are met without requiring students to rearrange their entire lives.

## **Take the following action steps this month:**

- Review your curriculum and identify which topics could be taught remotely
- Consider recording one foundational lecture to test the format
- Try offering a single online module for your next group of trainees
- Ask current clients if flexible training would make education more accessible for them

Hybrid learning supports the studio experience.

For many studios, it's a way to make teacher training available to students who may not live nearby or who need more flexibility in their schedules.

Don't have a Pilates teacher training program yet? [Contact us to learn more about our platform.](#)

Talk soon,  
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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