

A woman in a black Pilates outfit is performing a side plank exercise on a Pilates reformer machine. She is lying on her side with her knees bent and her arms extended forward, holding the straps of the machine. The background is a blurred studio setting.

6 Ways to Improve Training Quality

*Without Adding More Admin Work

Hi there,

Creating an exceptional teacher training program doesn't have to mean adding more to your already full plate.

In fact, some of the biggest improvements come from simplifying the way your program is delivered. When your curriculum, systems, and communication are working together, you spend less time managing the details and more time doing what you love... teaching and mentoring future Pilates instructors.

Here are 6 simple ways to strengthen your teacher training program:

✓ **Start with a standardized curriculum.** Using a trusted curriculum, like the one developed by Pilates Education Institute (PEI), helps ensure every cohort receives a consistent, high-quality education while reducing the need to create or update materials yourself.

✓ **Document your processes.** Simple checklists for onboarding, scheduling, assessments, and graduation help every cohort run more smoothly.

✓ **Set expectations early.** When students know what's expected from day one, everyone benefits.

✓ **Gather feedback along the way.** A quick check-in during training can uncover valuable improvements before your next cohort begins.

✓ **Use technology to support your team.** Automated reminders, online resources, and shared communication tools can eliminate repetitive administrative tasks.

✓ **Review each cohort before the next begins.** Small improvements made consistently can have a lasting impact on the student experience.

At PEI, we believe great teacher training starts with a strong foundation. That's why we've developed a **comprehensive, professionally developed curriculum** that helps educators deliver a consistent, high-quality learning experience while making program management easier.

Whether you're launching your first teacher training program or refining one you've offered for years, we're here to support you every step of the way.

👉 [\[Learn More About PEI's Teacher Training Curriculum\]](#)

Cheers to you and your next steps!

—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!



Pilates Education Institute

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