



How to Choose the Best Pilates Certification Program: 8 Essential Factors

Becoming a **certified Pilates instructor** is a life-changing decision that can lead to a fulfilling career in health and wellness. But with so many certification programs available, how do you choose the right one?

At **Bovée Pilates**, we know that not all programs are created equal. If you want training that gives you **respected credentials, real-world skills, and the confidence to teach anywhere**, here are the **top eight factors** to consider when choosing a **Pilates certification school**.

1. Is the Certification Program Accredited and Recognized?

Yes, accreditation **matters—a lot**. You want a certification that's **respected industry-wide**, not tied to just one studio or brand. Otherwise, your career options could be limited, or you might need to **retrain later**.

That's why **Balanced Body Education** is a leader in Pilates certification—it opens doors industry-wide. At **Bovée Pilates**, we bring you the best of Balanced Body, ensuring your certification is **credible and highly valued**.

2. What Are the Certification Requirements?

Becoming a skilled instructor takes time, and the best programs follow **industry standards for professional-level training**. Balanced Body offers a structured approach with **four levels** that build on each other:

- **Mat Certification** – 134 hours
- **Reformer Certification** – 214 hours
- **Mat & Reformer Certification** – 332 hours
- **Comprehensive Certification** – 520 hours

Anything **less than these standards** means you'll be **missing key knowledge** that could impact your confidence, skills, and career longevity. You want to **feel fully equipped and respected** as an instructor, not playing catch-up later.

3. Who Are the Lead Instructors, and What Are Their Qualifications?

Your success depends on **who you learn from**. At **Bovée Pilates**, you're getting world-class Balanced Body training and learning from **Ahmé Bovée, a top-ranked Master Instructor with 25+ years of experience**.

Ahmé blends her passion for **anatomy and positive psychology** with a **fun, engaging, and deep learning experience**. If you want to **stand out as an instructor**, you need a mentor who makes learning **easy, inspiring, and transformational**—and that's exactly what you'll find here.

4. What Teaching Philosophy and Style Does the Program Follow?

A strong certification program should teach **both foundational principles and modern advancements**. Balanced Body Education integrates Classical Pilates with modern exercise science, so you learn the best of both worlds.

This **flexible, well-rounded approach** ensures you'll graduate **ready to teach anyone, anywhere**.

5. Where is the Training Located? Is There an Online Option?

Our main studio is in Grand Rapids, Michigan, where you can attend in-person training. However, we also **livestream many of our courses**, making it possible to learn from **anywhere in the world**.

For equipment-based courses, you'll need access to the proper Pilates apparatus to fully participate. But even if you complete training online, we highly recommend visiting us in person whenever possible—the **hands-on experience and personal touch** are what will truly set you apart.

6. How Long Does It Take to Get Certified?

It depends on your **chosen certification level** and how quickly you complete your coursework and practice hours.

- Most students take between **6 months to 1 year** to become certified.
- Many start **teaching part-time during their training**, especially if they have a local mentor guiding them.

This flexibility allows you to **learn at your own pace** while **gaining real-world experience** along the way.

7. Does the Program Offer Continuing Education and Advanced Training?

Yes! Both **Balanced Body Education** and **Bovée Pilates** are committed to **lifelong learning**.

We offer ongoing education, including specialized courses in pre/postnatal Pilates, rehab-focused training, and athletic performance. Additionally, Bovée Pilates has an apprenticeship program that gives you even more hands-on experience and mentorship after certification.

Staying current with advanced training keeps your skills sharp and makes you **more valuable as an instructor**.

8. What Do Past Students Say About the Program?

Don't just take our word for it—check out our **glowing reviews on Google!**

From new instructors to physical therapists and fitness professionals, students rave about the depth, quality, and fun atmosphere of our training. At Bovée Pilates, everyone feels welcome, and our students leave confident and ready to teach.

Can I Switch to Balanced Body if I Started Training Elsewhere?

Yes! If you've already started training elsewhere but feel like you're **missing key pieces** or want a **more in-depth education**, Balanced Body offers a **Bridge Program**.

- You can apply to transfer coursework from your previous training.
- Some of your prior education may count toward Balanced Body certification, so you don't have to start over.
- This is a great option if you want to expand your career opportunities with an internationally recognized certification.

If you're feeling like your current training isn't giving you **the depth, support, or credibility you need**, we're happy to help you make the switch.

Ready to start your journey?

Contact us today to learn more about our next training dates and how we can help you become a **top-tier Pilates instructor!**

Featured in West Michigan Woman's Magazine in 2024

WEST MICHIGAN
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EXCELLENCE IN **PILATES**



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AHMÉ BOVÉE BA CPT

MASTER PILATES INSTRUCTOR
PILATES IN EAST

Curious about a career as a Certified Pilates Instructor? With Pilates being so popular today, Master Pilates Instructor Ahmé Bovée shares a bit about Pilates as a career.

HOW DID YOU GET STARTED IN PILATES?

I discovered the benefits of Pilates 25 years ago. The quiet, quality time I spent on the mat was the best therapy I'd ever experienced. It gave me tools to not only feel strong and confident in my body but to manage my inner struggle with depression and anxiety. It inspired such transformative results that it became my life's passion to share the benefits with others.

Now with over 40,000 hours of expertise, I'm an internationally sought-after Master Instructor, presenter and educator. My mission is to make every instructor I train successful, fulfilled and confident in every way.

WHAT'S THE INDUSTRY GOLD STANDARD IN CERTIFICATION?

The largest and most respected Pilates company worldwide is Balanced Body. In West Michigan, I'm the only Balanced Body Master Instructor offering comprehensive professional education. When you train with the leaders, it maximizes your career opportunities and opens doors.

WHAT CAN I EARN AS A CERTIFIED PILATES INSTRUCTOR?

Well-trained Certified Instructors are in high demand and typically make \$30-\$60 per class. Salary.com reports that as of May 25, average Certified Pilates Instructor earnings in Michigan are between \$41,507 and \$78,880. Invest in the right education—one that gives you the knowledge and skills to be respected—and the sky's the limit!

HOW LONG DOES IT TAKE TO BECOME CERTIFIED?

A pro-level training, like what I offer, usually takes one year to complete but you can get started teaching and earning as quickly as six months. Instructors in training attend courses on the weekends and log practice hours on their own schedule in between. To complete the course work in this timeline, it would take a commitment of 10-15 hours per week.

WHEN CAN I GET STARTED?

You can get started
Email me for details (ahme@pilatesineast.com).



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