

Legacy Pilates Teacher Training

Founded and led by Christina Hale Short, the Glass City Pilates Academy offers a nationally recognized Classical Mat Work Certification and legacy-based approach to Pilates instruction. This program emphasizes anatomical integrity, mindful movement, and educational excellence.

- Apprentices learn:
 - • Classical Pilates Mat Work
 - • Modified Beginner Methods
 - • Anatomy and Postural Training
 - • Client Assessment and Teaching Foundations

Advancement Options:

- • Level 1: Classical Mat Work
- • Level 2: Equipment & Special Populations (Trap Table)
- • Level 3: Business & Licensing Center Development

This teacher training program is deeply rooted in Christina's 17+ years of experience and her proprietary method, the Short Series Sequence®. Apprentices leave equipped to teach, serve, and lead within the Pilates community.