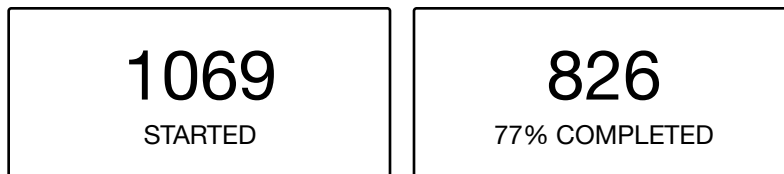


The Pilates Teacher Survey from The Pilates Initiative

Summary Report



What is your age group?



Under 18	0	0%
18 – 25	14	2%
25 – 40	204	25%
40 – 55	364	44%
55 – 65	185	22%
+65	56	7%
+75	2	0%
+85	1	0%

How do you identify?



Male	52	6%
Female	773	94%
Prefer not to answer	1	0%
Transgender	0	0%
Other	0	0%

Which of the following best describes your heritage and ethnic background?

Caucasian	655	79%
Pacific Islander	4	0%
Native American	3	0%
African American	12	1%
Asian	29	4%
Mixed race	33	4%
Latino(a)	31	4%
Prefer not to answer	59	7%

How long have you taught Pilates?



Less than 2 months	15	2%
2 - 6 months	27	3%
More than 6 months	18	2%
1 – 2 years	64	8%
Over 2 years	148	18%
Over 5 years	210	25%
More than 10 years	344	42%

What other forms of exercise or fitness do you teach besides Pilates? Check all that apply.



Gym/weight	110	13%
Cardiovascular (walking, running, biking, hiking, group aerobics or HIIT)	153	19%
Cross training	47	6%
I only teach Pilates	397	48%
Personal training	129	16%
Yoga	100	12%
Martial Arts	12	1%
Dance	112	14%
Functional Movement Training	165	20%

What Pilates training program(s) did you attend to become an instructor? (Please enter your answer in the space below image.)



This Summary Print View doesn't include responses to Short Answer questions, because they could make your printout very long. To see responses to Short Answer questions, please ask a GetFeedback user to share a link to the online Summary Report.

What was the main factor in how you chose the program?
Check all that apply.



Location	421	51%
Schedule	212	26%
Price	126	15%
Reputation	537	65%
Referral	219	27%
Other (please explain)	90	11%

Did your program(s) cover all of the large apparatus and Mat?
(Reformer, Cadillac, Wunda Chair, Ladder Barrel)?



Yes	688	83%
No	138	17%

In hindsight, what, if anything, was missing from your Pilates education? (Please enter your response in the space below.)



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Did you sit for the PMA exam?



Are you a PMA member?



How do you stay inspired as a teacher? Check all that apply.



I take privates	308	37%
I take classes	487	59%
I take workshops	533	65%
I watch subscription Pilates content online	522	63%
I attend educational conferences	334	40%
All of the above	311	38%

Do you have health insurance?



Through what type of provider is your health insurance?

Private policy	276	39%
Employer	202	28%
Public – Medicaid or Medicare	101	14%
Through health care marketplace	72	10%
Other	120	17%

How did you first hear about Pilates?



Media	103	12%
Friend	263	32%
Medical Professional	66	8%
Don't recall	121	15%
Other	273	33%

Where do you teach Pilates clients/classes? Check all that apply.



General fitness club/chain	173	21%
Large Pilates-only club/chain	84	10%
Small privately-owned studio	573	69%
Private home Pilates studio	288	35%
Outcall	76	9%
Other	127	15%

How would you describe your own personal Pilates exercise program? Check all that apply.



Mat classes	460	56%
Equipment classes	486	59%
Private sessions	389	47%
Pilates and another exercises modality	407	49%
Online video channels	238	29%
All of the above	182	22%

How are you paid for teaching Pilates? Check all that apply.



I receive hourly pay per shift that I work	313	38%
I rent space from a studio	140	17%
I get a percentage of each session or class	224	27%
I receive a flat rate for privates, duets and classes	360	44%
Some of my services are paid by insurance because I work/am affiliated with a PT clinic	16	2%
Other	100	12%

How do you market yourself for clients? Check all that apply.



Instagram	281	34%
Facebook business page	265	32%
Podcasts	6	1%
Blog posts	23	3%
YouTube videos	26	3%
I have a website	216	26%
The studio/facility markets me	389	47%
Word of mouth	643	78%
Referrals from healthcare professionals	227	27%

Do you work full time or part time?



Full time– 30+ hours or more	211	26%
Part time – less than 30 hours weekly	232	28%
Part time – less than 20 hours weekly	209	25%
I have few Pilates clients and/or classes weekly, I have another job to pay bills	119	14%
I teach for fun and because I am passionate about Pilates	55	7%

In what state or country do you teach? (Please select from dropdown lists.)



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Are you also a licensed health care professional?



What type of licensed health professional are you? Check all that apply.

Massage therapist	22	23%
Physical therapist	27	28%
Occupational therapist	0	0%
Licensed clinical nutritionist	1	1%
Registered dietician	3	3%
Registered nurse	8	8%
Licensed practical nurse	3	3%
Licensed athletic trainer	14	15%
Other	34	36%

Are you currently certified through the PMA?



What is the reason you are not certified through the PMA?

I was certified but allowed my certification to lapse and have not renewed	19	3%
I am certified personal trainer and don't feel it necessary to get certified by the PMA	57	9%
I have not taken the PMA exam and do not plan on taking the exam	210	32%
I have not yet taken the PMA exam	228	35%
I am a licensed healthcare professional and don't see the need as I have completed a comprehensive Pilates training program	42	6%
Other	91	14%

Are you currently a member of any professional organizations?



Which organization(s) are you a member of?

PMA	83	31%
ACSM	14	5%
NATA	3	1%
ISMETA	2	1%
IDEA	45	17%
Authentic Pilates Union	16	6%
USREPS	4	1%
AAHPERD	2	1%
NRPA	2	1%
NAHF	0	0%
Other	169	63%