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APMA Pilates Matclass guidelines (for fitness leaders)

The APMA is the National Professional Pilates Association. We represent qualified and experienced Pilates instructors and practitioners and foster the highest standards of professional practice to safeguard the general public. Studios with APMA qualified Pilates professionals are located throughout Australia.

The APMA does not recognise short courses as “certification”. The APMA only accredits instructors who have completed approved comprehensive training in the Method – including equipment. Some short matwork courses are approved for continuing education credits for already certified instructors.

Definitions

Experienced matwork instructor – an instructor who has done a certification course of at least 130 hours of theory and supervised teaching hours and has taught at least 40 hours worth of mat classes.

Inexperienced matwork instructor – an instructor who has done less than 130 hours of theory and supervised teaching hours and has taught less than 40 hours worth of mat classes.

The APMA recommends that people doing a Pilates mat class be uninjured. Group Mat classes are not recommended for rehabilitation or specific muscle rebalance work.

A class can be designed specifically for a particular population, “target population” – ie generalised low back pain, pregnancy, post natal. Target populations should get clearance from a registered health professional prior to commencing a group Pilates class.

Max number per class: (experienced matwork instructor)

General “healthy” population – 15
Dancers / athletes - 25
Target population – 8

Max number per class : (inexperienced matwork instructor)

General “healthy “ population – 10
Dancers / athletes – 15

Max number per class with 2 instructors – 25