

elevate

Mentorship Program Application Form

This is a fillable form, type directly into the boxes.

Please email completed form to: elevate@progressivebodyworksinc.com

Prerequisites: Please check to affirm that you meet both prerequisites.

Check Box *Comprehensive Pilates education from a program of a minimum of 450 hours. Program included education on Mat, Reformer, Cadillac, Barrels, Chairs, and accessories.*

Check Box *Technical ability to participate in Zoom sessions, as well as record and upload both video and PDF files.*

Name:

Date:

Email:

Phone #

Mailing address:

Pilates Teacher Education Program and Completion Date:

Are you NPCP Certified? *Yes* *No*

List your Pilates experiences related to your teacher education, current teaching position, and your personal practice:

What brand and pieces of apparatus do you have in your home or studio available?

List your favorite exercises and apparatus followed by ones you tend to dislike or avoid?

Please list three goals you would like to meet through your relationship with this mentorship program:

How would you like to grow in your teaching skills?

How would you like to grow in your personal Pilates practice?

In terms of Pilates, where do you hope to be in 5 years? How do you hope this mentorship program will help you achieve this?

Please list three important things you would like your mentor to know about you:

We'll match you with a mentor, however let us know if there is a specific mentor you would like to work with.

Is there anything else you would like us to know about you?

Course Fees and Policies

Once we've received and reviewed your application, you will receive an email with a separate link to complete your payment.

Course fee: \$2750 This fee can be broken down into 3 payments with payment in full received 14 days prior to the start date of the program.

Refund Policy

Full refund up to 30 days prior to the start date

25% refund prior to 15 days of the start date

No refund after 14 days prior to the start date

Enrollment Agreement

The Elevate program is a 10 week commitment. Private weekly mentor sessions will be scheduled during your initial meet and greet with your mentor. This mentor meeting will occur during week one. Weekly mentee meetings with Clare are scheduled for Thursdays at 12:30 EST and will be recorded and available for viewing at your convenience. The mentee meetings will also begin on week one. There will be no makeups beyond the 10 week session, so planning and commitment to your schedule are essential.

Privacy Policy

All recorded sessions will be kept private and only used for education purposes of the Elevate program. All printed material is considered the property of Elevate/Progressive Bodyworks and may not be copied or shared. We appreciate your cooperation with this policy and will hold any persons accountable if violated.

Waiver of Release to Participate in Elevate

I UNDERSTAND all the requirements and guidelines of the Elevate Mentor Program.

1. This is a strenuous program designed only for individuals both mentally and physically fit.
2. I will participate in the program at my own risk.
3. I am 18 years of age or older.

I RELEASE Progressive Bodyworks and their employees from all personal injury or other liability arising out of my participation in the program. In addition, I agree to indemnify, defend, and hold harmless Progressive Bodyworks and their respective directors, officers, employees and agents from and against any and all loss, liability, cost or damage to other persons or property arising directly or indirectly from my actions during the program.

I AGREE to all of the program's terms and conditions.

Refunds will not be issued to students who cancel less than 14 days before the program start date. Progressive Bodyworks will refund 25 percent of the program fee for cancellations requested between 15 and 30 days before the program starts.

Signature _____ Date _____

