

## Lolita San Miguel Pilates Legacy Training 2026-2027 Schedule and Details

### Tuition and Fees

Course Tuition:	\$5,450
Registration <i>(Non-Refundable Deposit and Materials Fee)</i>	\$800
Final Exam Fee:	\$400
Total Cost of Lolita's Legacy Program	\$6,650

### Program Summary:

<b>Total Hours</b>	<b>500 Hours</b>
Course Lecture Hours	184 Hours
Observation Hours	124 Hours
Personal Practice Hours	100 Hours
Apprentice Teaching Hours	92 Hours
Final Exams Spread Over 2 Days	6 Hours

## Mat System – 56 Course Hours

### Introduction & Overview

- *Pre- Pilates*
- *Post Pilates*
- *Historical Mat Repertoire*
- *Contemporary Mat Repertoire*



Lolita San Miguel believes the Mat work is the basis of the Pilates Method and it is the most accessible to all students. This Module teaches the historic order, contemporary movements, as well as pre-Pilates, and post Pilates movements that will prepare and condition your body to work on the floor using only your own body weight as resistance. Although traditionally the Mat work was designed by Joseph Pilates as the accomplishment of his technique, Lolita developed and integrated further movements into the the traditional work to enable your body to perform at its best ability.

In addition to repertoire, Matwork in Lolita's Legacy™ is accompanied by the following manuals, materials and further course topics:

- Manual of "the Anatomy of Movement and Kinematic" created especially for the program by Dr. Aaron Spector.
- Introduction and Overview of the Pilates method, which deals with the history of the creators of the method and the all "Elder Master Teachers".
- Philosophy and Principles of Joseph Pilates and Ms. San Miguel.
- Fundamentals, benefits and values of the Pilates practice.
- A DVD of Ms. San Miguel's workshop on the history of Pilates filmed for Pilates Anytime including one month free subscription to Pilates Anytime.
- Two Mat work repertoire DVDs taught by Ms. San Miguel in person.

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<b>Course</b>	<b>Days</b>	<b>Dates</b>	<b>Times</b>
Mat Module 1 – 28 Hours			
	Friday	June 5	9:00 AM – 6:00 PM
	Saturday	June 6	9:00 AM – 6:00 PM
	Sunday	June 7	9:00 AM – 6:00 PM
Mat Module 2 – 28 Hours			
	Friday	June 12	9:00 AM – 6:00 PM
	Saturday	June 13	9:00 AM – 6:00 PM
	Sunday	June 14	9:00 AM – 6:00 PM

*8 Weeks between Mat and System 1*

## System 1 Apparatus – 48 Course Hours

### Beginner Repertoire

- *Reformer*
- *Cadillac/Tower*
- *Chair*
- *Ladder Barrel*



The second step in Lolita's Legacy™ training program is "System I" that will introduce you to all the Pilates equipment: Reformer, Cadillac, Chair and Ladder Barrel. Teachers will learn the most accessible repertoire for clients on equipment which will build up the strong foundation and all further movement that will require more full body integration. Your hands on teaching skills are starting to also be developed next to your cueing abilities as a teacher.

This System I has a complete comprehensive manual and is accompanied by a DVD of Lolita teaching the exercises for this particular module for your personal practice.

Course	Days	Dates	Times
System 1 (Beginning)			
	Friday	August 7	10:00 AM – 6:00 PM
	Saturday	August 8	10:00 AM – 6:00 PM
	Sunday	August 9	10:00 AM – 6:00 PM
	Friday	August 14	10:00 AM – 6:00 PM
	Saturday	August 15	10:00 AM – 6:00 PM
	Sunday	August 16	10:00 AM – 6:00 PM

6 Weeks between System 1 Apparatus and System 2 Apparatus

## System 2 – 48 Course Hours

### Intermediate Repertoire

- *Reformer*
- *Cadillac/Tower*
- *Chair*
- *Ladder Barrel*
- *Spine Corrector*
- *Foam Roller*
- *Magic Circle*



The third step in Lolita's Legacy™ training program is "System II" that builds on the exercises in System I on equipment. The repertoire taught covers intermediate to more advanced Pilates movements on the Reformer, Cadillac, Chair and Ladder Barrel. Teachers will also be introduced to the exercises on the Spine Corrector (Pilates Arc), the Magic Circle, the Foam Rollers and Bars, Balls and other props.

This System II has a complete comprehensive manual and is accompanied by a DVD of Lolita teaching all the exercises in this module for your personal practice.

Course	Days	Dates	Times
System 2 (Intermediate)			
	Friday	October 2	10:00 AM – 6:00 PM
	Saturday	October 3	10:00 AM – 6:00 PM
	Sunday	October 4	10:00 AM – 6:00 PM
	Friday	October 9	10:00 AM – 6:00 PM
	Saturday	October 10	10:00 AM – 6:00 PM
	Sunday	October 11	10:00 AM – 6:00 PM

*Weeks between System 2 and System 3 Apparatus & Auxiliary Apparatus*

## System 3 – 32 Course Hours

### Advanced Repertoire

- **Reformer**
- **Cadillac/Tower**
- **Chair**
- **Ladder Barrel**
- **Spine Corrector**
- **Ped-o-Pull**
- **Toe Stretcher**
- **Arch Corrector**
- **Wrist Strengtheners**



The fourth stage of Lolita's Legacy™ training program is "Module III". It is the last stage of the student's progressive path to become a fully trained Pilates teacher to the complete Lolita's Legacy™ method. It builds on previous work and covers further advanced exercises to very complex exercises on equipment like the Reformer, Cadillac, Chair, Ladder Barrel, Spine Corrector, Magic Circle, Foam Rollers and bars.

In addition to these full body movements the Ped-O-Pull will be introduced and small original equipment created by Joseph Pilates such as the Foot Corrector, Toe Corrector and Wrist strengthener will be covered.

This final System III has a complete comprehensive manual and is accompanied by a DVD of Lolita teaching all the exercises in this module for your personal practice.

<b>Course</b>	<b>Days</b>	<b>Dates</b>	<b>Times</b>
System 3 (Advanced)			
	Thursday	December 3	4:00 PM – 9:00 PM
	Friday	December 4	10:00 AM – 6:00 PM
	Saturday	December 5	10:00 AM – 6:00 PM
	Sunday	December 6	10:00 AM – 6:00 PM

*Note: We can structure to be a Thursday early evening, and 3 full Friday /Saturday/Sunday days*

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***Testing dates in 2027 - TBD***