

Pilates On Tour[®]

 CHICAGOLAND



Schedule

October 2-5

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- 6 Day 1 (Friday, Oct 3)
- 12 Day 2 (Saturday, Oct 4)
- 17 Day 3 (Sunday, Oct 5)



Pilates On Tour[®]

 CHICAGOLAND

Pilates On Tour is coming back to Chicagoland, and we are thrilled to be back!

This event features international presenters from a variety of Pilates traditions as well as many Pilates fitness themed workshops. Pilates On Tour is known for its high-level continuing education content, and this event is no different. Workshop topics include teaching dynamic fitness forward Pilates classes, application of movement science concepts in practice, training the athlete, and therapeutic movement for injury prevention and optimal movement function. What's more, Saturday evening brings a special roof raising dance party hosted by Pocket Pilates. You won't want to miss POT Chicagoland!

How it Works

As you start considering which workshops to register for, keep the following organization in mind:

The AM and PM sessions are each 2.5 hours long. Every day is organized to include a variety of workshops that are movement science focused, programming focused, inspirational, and movement oriented.

Each session will be labeled with the primary workshop level, focus, and equipment used. In addition, the workshop offerings each day are set up to include:

- **Daily General Sessions**
Available to all registered attendees.
- **Early Morning and Lunchtime Drop-In Workouts**
Available to all registered attendees.
- **Morning and Afternoon Sessions**
These workshops offer the ideal amount of time to explore a topic and move your body.
- **Friday Networking Reception and Saturday Evening Party**
Available to all registered attendees.

Pre-Conference

9:00am – 1:00pm

The IT Factor: Foundations

John Garey

Discover the key to unlocking your potential as a Pilates instructor! This transformative 4-hour workshop is designed to refine your communication skills, deepen your client connections, and elevate your teaching to new heights. Through engaging exercises and practical strategies, you'll uncover your unique teaching style, learn the 5 Pilates Teacher Archetypes, and gain tools to create meaningful, memorable experiences for your clients. Earn CECs while mastering the skills that set exceptional instructors apart. Get ready to inspire, connect, and transform!

Equipment: N/A

Appropriate for: All Instructors

Workshop Level: Intermediate

9:00am – 6:00pm

The Body Pump, Movement to Support Lymphedema

Joy Puleo & Jill Hinson

Approximately 1 in 5 women who are diagnosed with Breast Cancer will also be affected by breast cancer-related lymphedema. Lymphedema is a potentially distressing side-effect causing swelling and heaviness in the upper limb and trunk. Reduction in range of motion, weakness, and paresthesia are all possible physical side effects with depression, anxiety, social, vocational, and sexual difficulty being the emotional side effects. While there is currently no cure, lymphedema can be managed with movement as one of the key components to comprehensive care. Join Joy and Jill to learn Pilates inspired movements designed to enhance lymph flow. Learn best practices and best exercise choices for your clients. These exercises are excellent for all clients, with specific focus on lymphedema.

Equipment: Full Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate





Friday, October 3

7:00am – 9:00am

Registration

7:30am – 8:15am

Workouts (Drop-in)

8:00am – 9:00am

Breakfast

9:00am – 9:45am | Keynote

Welcome, History of Pilates and #WIN with Ken Endelman

10:00am – 12:30pm

Morning Workshops

12:30pm – 1:30pm

Lunch

1:30pm – 2:15pm

Workouts (Drop-in)

2:30pm – 5:00pm

Afternoon Workshops

5:00pm – 6:30pm

Networking Cocktail Reception & Raffle

Keynote General Session

9:00am – 9:45am CDT

Welcome and History of Pilates

Ken Endelman

Welcome, History of Pilates and
#WIN with Ken Endelman

Join Ken Endelman, CEO and founder of Balanced Body, as he welcomes you and shares his History of Pilates. If you know Ken, you know a few things: he loves building things, he loves sharing knowledge, and he is a really nice guy! You won't want to miss this.



10:00am – 12:30pm

Take a Leap – Jumpboard Conditioning Across the Pilates Method

Everlea Bryant

Come and explore the ballet foot conditioning exercises in the traditional repertoire (Classical Reformer, Cadillac, Ped-o-Pul, Mat, and Wunda Chair) and learn how to strengthen the feet, knees and hips and prepare for the high intensity work on the jumpboard. In this workshop you will learn how to use the Joe's Gym model of teaching to progress your clients and how to integrate jumpboard choreography to create dynamic and effective classes.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

The First Time Client

Troy McCarty

Training someone new to Pilates is always challenging. Join Troy McCarty as he takes you through a class designed for the first time client. Utilizing the Pre-Pilates exercises on the Mat, learn how to train the skills your clients will need to develop balanced strength, flexibility and fitness. You will learn how to take the foundational skills of Mat onto the Reformer, maximizing ability and movement skills to enrich your clients Pilates experience and practice.

Equipment: Reformers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

Balance is Key

Amy Havens

Balance is a measure for longevity and overall wellness. In this workshop we will explore both static and dynamic balance and learn how to challenge our innate visual, vestibular, and proprioceptive systems in relative stillness and full body motion. This is a fun and creative workshop that integrates vestibular ocular reflexes with exercises on the floor, the wall, and standing in gait. It will open your eyes (literally!) to the importance of training the balance systems for greater activities of daily living outcomes and fall prevention.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

10:00am – 12:30pm

She's Pregnant, Not Broken: Pregnancy & Pilates Workshop

Heidi Coles

Whether you are timid working with the prenatal client or you simply want to expand your teaching to include pre and postnatal exercise training, this workshop will give you the tools you need to meet your client at each stage of pregnancy. Join Heidi to learn how to create effective and safe workouts throughout pregnancy, and post pregnancy, and how to adapt to the common challenges pregnancy can bring. Through breath and movement on the Mat, Reformer, Chair, Arc, and Cadillac, empower yourself by learning how best to support your client's pregnancy journey.

Equipment: Full Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner to Intermediate



10:00am – 12:30pm

Pilates for Chair Workshop

John Garey

Expand your teaching repertoire with this dynamic workshop focused on creative and effective ways to use the Pilates Chair. Designed for fitness professionals and Pilates instructors alike, this workshop blends strength, balance, and functional movement into innovative sequences that challenge and engage clients of all levels. Discover how to incorporate athletic, strength-based, and mobility-focused exercises into your sessions, offering fresh programming ideas to keep your clients motivated. Walk away with practical tools and strategies to bring variety and impact to your Chair workouts.

Equipment: Pilates Chair

Appropriate for: Experience Instructors

Workshop Level: Intermediate



2:30pm – 5:00pm

It's All About the 100

Karen Frischmann

Love it or hate it, the Hundred is a cornerstone of Pilates. This workshop dives into every aspect of this iconic exercise—from pre-Pilates preparations to advanced variations. Together, we'll dissect the mechanics, debunk common myths, and explore how the Hundred translates across multiple apparatus. You will leave with a deeper understanding of how this iconic exercise connects to the broader Pilates system.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Empowering Athletes: The Synergy Between Athletes and Reformer Pilates

Pete Pallai

Athletes from all disciplines are constantly seeking ways to improve their performance, endurance, and overall physical (and mental) resilience while staying injury free. This workshop highlights the unique benefits of fusing athletic performance and Pilates. Harnessing Pilates principles such as precision, control, concentration, flow, and breath, with the resistive and assistive nature of the Reformer, athletes are able to reap the rewards! Whether you are training professional athletes, or the everyday athlete, join Pete as he explores the potential and rewarding interaction between athletic performance and the practice of Reformer Pilates.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate

2:30pm – 5:00pm

POWERful Lower Body Pilates

Portia Page

It's time to hustle for that muscle. Let's get up to get down together as we journey into strength and performance of the lower body, its simplicity, along with its profound importance. It's time to find the meaning in the muscle and bring the balance into the legs and backside. Often in "Pilatesland" we think that leg and footwork is the holy grail of the lower body work. But, training the lower body is SO much more and involves squatting, hinging, lunging, ankle mobility, and training the hip in various ways. In this workshop, we'll explore creative and functional ways to bring lower body POWER into your sessions.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner

2:30pm – 5:00pm

Magnify Your Scope – Pilates Tools for Thoracic, Shoulder and Neck Restrictions

Christine Crooks

Join Christine Crooks and discover ways to maximize your teacher/client relationship while creating endless movement possibilities for clients with limitations of the neck, upper back and shoulders. In this workshop we will utilize the Pilates equipment to explore ways to make movement accessible while addressing these limitations and more. We will lean into movement and the practice of Pilates to create an environment rich and ripe for supporting the people in front of us, all the while embracing and magnifying our unique "scope" of work.

Equipment: Full Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced



2:30pm – 5:00pm

Pilates Mat Fusion

Tracey Mallett

Learn how to seamlessly blend Pilates Mat exercises with barre-style movements to create a perfectly sequenced class. Incorporate light dumbbells and a small ball to add resistance, balance, and an athletic edge.

Equipment: Pilates Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate





Saturday, October 4

7:00am – 9:00am

Registration

7:30am – 8:15am

Workouts (Drop-in)

8:00am – 9:00am

Breakfast

9:00am – 9:45am | Group Movement & Morning Address

Let Your Lymph Flow with Jill Hinson & Joy Puleo

10:00am – 12:30pm

Morning Workshops

12:30pm – 1:30pm

Lunch

1:30pm – 2:15pm

Workouts (Drop-in)

2:30pm – 5:00pm

Afternoon Workshops

7:00pm – 11:00pm

Pocket Pilates Sponsored Gatsby Party

Group Movement & Morning Address

9:00am – 9:45am CDT

Let Your Lymph Flow

Jill Hinson & Joy Puleo

Join us for a specially designed class that will provide you with a joyful space to explore movement and connect with your lymphatic system. Let's promote lymph flow and circulation, calm the nervous system, relieve stress, and have fun while working one of the most incredible systems in our body.



10:00am – 12:30pm

Classical Pilates for Seniors

Everlea Bryant

Yes, that is right, Classical Pilates is great for seniors! Join Everlea for a workshop that stays true to the Pilates Method by offering seniors a workout that employs the principles of Balance, Centering, and Control. By utilizing the Pre-Pilates exercises and building the skills within the Classical repertoire, you will learn how to provide a well-rounded Pilates experience for your senior clients that also maintains awareness and modifies appropriately for certain bone/osteoporosis challenges.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Beginner

10:00am – 12:30pm

Unilateral Reformer

John Garey

Unilateral work highlights body imbalances, while simultaneously helping to correct them. We'll explore unilateral exercises in this workshop that will add both variety and challenge to any workout and help to highlight and correct imbalances. This program is designed as a stand-alone, full-body workout, but can also be used for endless programming ideas. The exercises range from beginner to advanced.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Intermediate to Advanced

10:00am – 12:30pm

Reformer + Tower Mashup

Portia Page

Explore the best of both worlds in this dynamic class that blends the versatility of the Reformer with the challenge of the Tower. You'll build strength, improve flexibility, and enhance body awareness as you move seamlessly between these two powerful apparatuses. Perfect for those looking to deepen their practice and explore new movement patterns.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

Preserving the Powerhouse: Keeping the Essence of Pilates in a Fitness Environment

Pete Pallai & Christine Crooks

How is fitness affecting the Pilates space, and how is Pilates affecting the fitness space?! Join Christine Crooks & Pete Pallai in exploring what approaches work best for maintaining Pilates integrity in the fitness space as this fusion continues to grow in popularity. You will take a look at the natural athleticism of Pilates and how that shines in a fitness environment.

Equipment: Full Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate



10:00am – 12:30pm

Pilates Barre Meditation

Jason Williams

Pilates Barre Meditation incorporates Mat Pilates, various meditations techniques, and Barre exercises to create a dynamic, mindful movement experience. This workshop combines these three different modalities to help teachers and students reach their own individual goals and their personal movement potential. You will learn Pilates Mat exercises, four types of meditations, and various barre exercises, as well as how to incorporate each modality in your class so it flows and progresses seamlessly.

Equipment: Pilates Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate

10:00am – 12:30pm

The Hip in 360°

Joy Puleo

This dynamic workshop explores muscular balance, coordination, strength and flexibility of the pelvis and hip joint. We will literally journey 360° around the CoreAlign as we examine exercises from all positions to facilitate optimal functioning of the pelvis and hip. We will look at the relationships of the anatomy of the pelvis and hip to the function of the spine and rib cage above and the knee, ankle and foot below, and integrate the pelvis and hip into whole body movement. Come and learn hip focused exercises that are safe, practical and immediately applicable to practice in both private, semi-private and group settings. No CoreAlign experience necessary and all exercises will relate to your Pilates practice.

Equipment: CoreAlign

Appropriate for: Experienced Instructors

Workshop Level: Intermediate to Advanced

2:30pm – 5:00pm

Classical for All Bodies

Karen Frischmann & Joy Puleo

Joy and Karen have spent a lot of time together discussing the similarities in the roots of Classical Pilates and the origins of Contemporary Pilates. Join us and be prepared to move and challenge yourself. We will demystify the differences and create a learning bridge between the styles of practice that stems from our shared intention of supporting the client. All bodies and styles of practice are welcome.

Equipment: Contrology Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Contemporary Layered Flows

Tracey Mallett

Discover contemporary Reformer flows for all levels, combining athletic strength and flexibility, all rooted in the core principles of Pilates. Learn to sequence classic and contemporary flows together whilst covering ways to move on limited amount of spring changes for a seamless class. Designed for group Reformer classes that address keeping the class moving without compromising quality and control of the movements. A Pilates Ball will be used for some of the flows for added variety and intensity.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate

2:30pm – 5:00pm

How to Train Professional Athletes

Nicky Lal

This workshop dives into the unique demands of working with professional athletes, focusing on how to enhance performance, prevent injuries, and support recovery through Pilates. You will learn effective programming strategies, sport-specific modifications, and cueing techniques to meet the needs of high-level athletes. Whether you are new to training athletes or looking to refine your approach, this session will give you the tools to build strength, mobility, and resilience in your athletic clients.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Stretch and Strengthen – Breast Cancer Recovery

Jill Hinson

This workshop will offer ideas that will assist you when teaching clients who are battling breast cancer. Breast cancer affects 1 in 8 women (1 in 833 men), which means it is likely you will have clients who will be diagnosed with breast cancer or will come to you as a survivor. While encouraged to teach with compassion, you will learn contraindications, modifications, and tips for working with a client who is battling breast cancer. You will receive specific exercises that will assist mobility of the affected areas and strengthening exercises to start once range of motion has returned.

Equipment: Full Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate to Advanced

2:30pm – 5:00pm

Low Chair Love: Upper-Level Progressions

Everlea Bryant

Let's put a little Low Chair Love in your Heart! This workshop will challenge and build upon your foundation level skills to help maximize your potential on the Pilates Wunda Chair a.k.a. the Pilates Low Chair. Fall in love with exercises like High Bridge and let your heart soar with exercises like Swan Dive!

Equipment: Pilates Chairs

Appropriate for: Experienced Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Work the Core in Three Dimensions

Nico Gonzalez

Get ready to elevate your Pilates game and unleash a whole new level of excitement! It's time to move beyond the basics of front/back and side-to-side. Let's dive into dynamic, full-body movements paired with athletic-inspired patterns that will truly take your clients to new heights. Join us in bringing the joy back to movement, all while introducing powerful, challenging sequences that only the CoreAlign can offer. Come and discover the fun in fitness together!

Equipment: CoreAlign

Appropriate for: Experienced Instructors

Workshop Level: Intermediate to Advanced



Sunday, October 5

7:00am – 9:00am

Registration

7:00am – 8:00am

Breakfast

7:30am – 8:15am

Workouts (Drop-in)

9:00am – 9:45am | Keynote

Pathway to Full-Time Teaching: Thriving as a Pilates Professional in the Fitness Industry with Tabatha Russell & Joy Puleo

10:00am – 12:30pm

Morning Workshops

12:30pm – 1:30pm

Lunch

1:30pm – 2:15pm

Workouts (Drop-in)

2:30pm – 5:00pm

Afternoon Workshops

Keynote General Session

9:00am – 9:45am KST

Pathway to Full-Time Teaching: Thriving as a Pilates Professional in the Fitness Industry

Tabatha Russell & Joy Puleo

It has never been a better time to be a Pilates instructor. Explore the key elements of building a sustainable career, including education, business acumen, client management, and self-care.



10:00am – 12:30pm

Reformer Classics with Weights!

Tracey Mallett

This unique approach incorporates light weights into your classes while not losing the precision and alignment of the method. Learn how to integrate light dumbbells into traditional Pilates exercises, enhancing strength, balance, and control while adding a fresh challenge to your routine.

Equipment: Reformers

Appropriate for: Reformer Instructors

Workshop Level: Beginner to Intermediate

10:00am – 12:30pm

Mastering the Equipment: Using the Pilates Equipment to its Full Potential

Nicky Lal

This workshop is designed to deepen your understanding of Pilates apparatus and how to use it effectively to enhance movement, strength, and control. We will explore exercises, modifications, and progressions, focusing on how to optimize the equipment for different body types and movement goals. Whether you are refining your own practice or looking to elevate your teaching, this session will give you the tools to confidently adapt and master the equipment for any client.

Equipment: Full Pilates Equipment Suite

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

Fit-For-Life

Amy Havens

Do you work with active and aging clients? If so, this workshop is for you! Join Amy Havens as she offers creative, client centered and FUNctional exercises for longevity and lifelong fitness. Overall fitness targets four specific areas: muscular strength, flexibility and balance. There is no doubt, moving your body helps you live longer. Research continues to reinforce the need for aging people to train for their specific activities of daily living in a variety of ways. Along with accentuating core strength and posture improvement, Pilates teachers can greatly support the lives of their clients by focusing on specific and targeted exercises, assuring them that Pilates is one of the best forms of exercise to accomplish their goals and to keep them vital and Fit-For-Life.

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

10:00am – 12:30pm

Honoring EveryBODY: The Power of Embracing Diversity in Pilates Teaching

Tabatha Russell

Pilates is designed to create opportunities for every body to function better. With almost 30 years of practicing and teaching, Tabatha Russell has always worked to translate the tried-and-true Pilates method and its benefits to the bodies that it traditionally leaves out.

Equipment: Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner



2:30pm – 5:00pm

Guiding Hands Workshop: Mastering Tactile Cueing for Pilates Reformer

Troy McCarty

Our hands are powerful tools. Tactile cues are a powerful tool for enhancing proprioception (body awareness), improving alignment, and facilitating movement efficiency. By learning to use your hands effectively, you can guide your students towards optimal form, muscle activation, and mindful movement. This workshop will empower you to understand the principles of tactile cueing, practice a variety of cueing techniques, develop confidence in your hands-on skills, and enhance your teaching effectiveness: Empower your students to deepen their Pilates practice through clear, precise tactile guidance.

Equipment: Reformers

Appropriate for: Experienced Reformer Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Ageless Strength: Accelerating Performance with Impact Training

Heidi Coles

This dynamic workshop is designed to show you how impact training can help build strength, power, and agility for your clients—no matter their age. By incorporating explosive, high-intensity exercises, you will learn how to boost joint health, accelerate muscle productivity, and elevate balance. Now, don't freak out! Whether your client is a beginner or an experienced mover, this workshop offers practical, age-inclusive strategies to enhance mobility, increase bone density, and unlock new levels of physical potential within their Pilates session. Get ready to discover how impact training can transform your client experience—at ANY stage of life.

Equipment: Reformers with Towers

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

Unlocking Mobility for Stronger Movement: Innovative Pilates Equipment Hacks

Nico Gonzalez

This workshop is designed to deepen your expertise as a Pilates trainer by moving beyond traditional approaches of “stretch this, then work that.” Learn practical mobility techniques that seamlessly integrate into existing training sessions on the Reformer, Trapeze, Table, Chair and Ladder Barrel. Additionally, you will discover a variety of homework exercises to assign to your clients that can be performed off the Pilates equipment. You will leave with a repertoire of dynamic movement sequences specifically designed for mobility then immediately into strength. Expand your toolkit and empower your clients to achieve greater mobility and strength!

Equipment: Pilates Suite of Equipment

Appropriate for: Comprehensively Trained Instructors

Workshop Level: Intermediate

2:30pm – 5:00pm

AI3D for the Pelvic Floor

Joy Puleo

Learn the anatomy of the pelvic floor by building the muscles using the Anatomy in Three Dimensions™ system then learn how to exercise it effectively to create pelvic balance, improve pelvic function and recover from pregnancy and childbirth. This experiential workshop will give you a new understanding of this critical area.

Equipment: Pilates Mat & Props

Appropriate for: All Instructors

Workshop Level: Beginner to Intermediate