**RAMAPO COLLEGE OF NEW JERSEY**

**Office of Communications and Public Relations**

**Press Release**

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**Pilates Crossover® Certification Comes to Ramapo College**

**Through Personal Training Institute of America**

MAHWAH, N.J. **–** A Pilates Crossover® Certification course will be hosted at Ramapo College by the Personal Training Institute of America (PTIA) on April 30-May 1, from 9 a.m. to 4:30 p.m. to prepare enrollees for successful careers as Certified Pilates Instructors. The course takes place in the Ramapo College Bill Bradley Sports and Recreation Center. There are no prerequisites to participate in this program; however, previous exposure to classic beginner mat Pilates is recommended.

The two-day weekend intensive program on the Ramapo College campus includes more than 16 hours of lecture, demonstrations, and practical hands-on application. To earn the certification, there are additional requirements that must be completed within six months at any location a student chooses. An online final exam is taken after the weekend intensive is complete and CPR certification is required before certification is given and may be earned before or after the weekend intensive. A 20-hour internship/shadowing period where the student observes how other instructors work and interact with their clients is also required for final certification by PTIA and these hours may be fulfilled through a combination of shadowing an instructor and taking group fitness classes at a local facility.

Initial certification is for two years, during which time certified Pilates instructors are required to keep current on their training and build upon what is learned during certification. Continuing education credits (CEC) equivalent to 10 hours per two-year period is required to maintain certification.

Registration and tuition payment are completed online via the Web site prior to the first day of class. Tuition for the PTIA Personal Trainer Certificate is $549. Textbook and materials fees are approximately $65 and are paid by enrollees by check or cash on the first day of class.

For more information, please visit [www.ramapo.edu/cipl/pilates](http://www.ramapo.edu/cipl/pilates) or contact the Ramapo College Center for Innovative and Professional Learning at [cipl@ramapo.edu](mailto:cipl@ramapo.edu) or 201-684-7370.

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Ranked by U.S. News & World Report as fifth in the Best Regional Public Universities North category, Ramapo College of New Jersey is sometimes viewed as a private college. This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,000 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College offers bachelor's degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers eight graduate programs as well as articulated programs with Rutgers, The State University of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.