KYSKO

PILATES TRAINING

REFORMER · MAT · TOWER



EVERYTHING YOU NEED TO KNOW →

LEARN. GROW. TEACH. INSPIRE.

START YOUR JOURNEY WITH KYSKO.







Are you passionate about Pilates and eager to share your love for movement with others?

Look no further than Kysko's Pilates Training program. As the leading provider of Pilates Reformer group classes in Geneva, Switzerland, we are dedicated to empowering individuals to become skilled Pilates Instructors who can inspire and transform lives.

At Kysko, we believe in turning passion into a fulfilling career. Our training program, **led by international teachers** trained in **both traditional and contemporary Pilates**, is designed to meet the evolving needs of today's Pilates community. Our first cohort of teachers has already **secured employment** and earned praise from **satisfied clients.**

Upon completion of our training, you will be equipped with the **knowledge and skills to teach Pilates to clients of all levels**, helping them enhance their well-being and achieve their fitness goals. From mastering the technique of **the Pilates method** to understanding **fundamentals of anatomy** and addressing common **body limitations and injuries**, our program covers all aspects essential for effective instruction. Whether it's teaching private sessions or leading dynamic group classes, you will learn invaluable techniques for cueing, correcting, and motivating clients to reach their fullest potential.

But at Kysko, we're more than just a training program, we're **a supportive community** driven by a shared passion for Pilates and a commitment to personal growth. **Our motto, be inspired to inspire**, encapsulates our philosophy of empowering individuals to make a positive impact on others' lives. We believe in creating a safe, nurturing environment where you can **develop your skills** and **thrive professionally.**





Are you dynamic, curious, and open-minded? Do you have a genuine love for Pilates and a desire to help others feel better about themselves? If so, Kysko's teacher training program is the perfect opportunity for you. **Join our team of enthusiastic, passionate professionals** in a supportive, fun, and non-boring environment. We take our work seriously, but with **humility** and a **sense of humor**, ensuring that every step of your journey with us is both fulfilling and enjoyable.

Transform your passion into a rewarding career with Kysko's Pilates Comprehensive Training program. **Together, let's inspire change and make a difference, one Pilates session at a time.**

THE INSTRUCTORS



Lalia

She has been practicing and teaching Pilates for 3 years. Passionate about movement from a young age, she started with circus arts and developed a deep interest in the human body. She has since completed numerous international trainings and attended global conventions to deepen her expertise.



Erica

Erica is a certified classical Pilates instructor with over 600 hours of training. A former competitive athlete, she combines precision, creativity, and a deep understanding of movement in every class.



Kelly

A certified Pilates instructor in Romana's method and State-Certified Sports Educator, she is passionate about classic Pilates, precision, and mindful movement. Drawing on her lifelong love of sport and international experience, she helps students build strength, flexibility, and body awareness.

THE INSTRUCTORS



Alisa

A certified Pilates coach and former dancer, she also teaches pole dance and aerial hoop. Her teaching combines precision, creativity, and flow to help students build strength, flexibility, and body awareness.



Randa

With a Bachelor's degree in Sports Science and certified in Pilates (Mat and Reformer) following an extensive background in athletics and yoga, she blends scientific rigor with mindful movement. Passionate about functional anatomy, she guides her students with a precise, educational approach, aiming to optimize body function and sustainably enhance their daily well-being.



Amalia

A former professional athlete, European Aerobic Gymnastics Champion and bronze medalist at the World Championships, she has more than eight years of experience teaching movement. A certified Pilates, yoga and functional training instructor, she brings an approach that combines technical precision, body awareness and quality of movement.



Mathilde

Certified in Pilates and Lagree, she has been working in the world of fitness and movement for nearly ten years. Combining scientific expertise with a human approach to guide everyone toward more mindful movement and a better understanding of their body, she is passionate about sharing her knowledge, creating inclusive spaces and inspiring future instructors to teach with confidence, curiosity and passion.

TRAINING OVERVIEW

You will :

- Master exercises of the **traditional & contemporary Pilates repertoire** on mat and apparatus (including development/variations).
- Understand **the fundamentals of anatomy** and **adaptations** for most **common injuries and physical limitations.**
- Learn how to **adapt and modify** for clients' needs and/or injuries.
- Practice **teaching techniques and cueing.**

PROGRAM

- **Six supervised training weekends** (Saturday and Sunday from 1 PM to 7 PM) → **72 hours**
- **Self-practice** including:

1. **Class observation** → **20 hours**
2. **Private sessions** → **10 hours**
3. **E-learning: biomechanics, functional anatomy, history of Pilates, teacher posture, special populations (seniors, pre- & post-natal, etc.) and Reformer/Tower settings** → **7 hours**
4. **Group classes** in our studios → **30 hours**

- Studio access for **independent practice** → **54 hours**
- **Teaching practice**: small group teaching training → **8 hours**
- **Final exam**: theory and practical

TOTAL : 200 HOURS



DATES - 2027

GENEVA

COHORT 1 (IN FRENCH)

- Weekend 1 : **January 16-17**
- Weekend 2 : **January 30-31**
- Weekend 3 : **February 27-28**
- Weekend 4 : **March 13-14**
- Weekend 5 : **April 17-18**
- Weekend 6 : **May 22-23**

COHORT 2 (IN ENGLISH)

- Weekend 1 : **January 23-24**
- Weekend 2 : **February 6-7**
- Weekend 3 : **March 6-7**
- Weekend 4 : **March 20-21**
- Weekend 5 : **April 24-25**
- Weekend 6 : **May 29-30**

LAUSANNE

COHORT 1 (IN FRENCH AND ENGLISH)*

- Weekend 1 : **January 16–17**
- Weekend 2 : **January 30–31**
- Weekend 3 : **February 20–21**
- Weekend 4 : **March 13–14**
- Weekend 5 : **April 17–18**
- Weekend 6 : **May 1–2**

An understanding of both languages is a real asset to get the most out of the training.

BULLE

Email us at **info@kysko.com** to find out the available dates.

ADMISSION REQUIREMENTS

- **Fill out the registration form for your chosen cohort:**
  > Geneva – Cohort 1
  > Geneva – Cohort 2
  > Lausanne

⚠️ *The form determines which cohort you are applying for. Please choose the one whose dates suit you, not the one in your preferred language.*

- Have completed at least 20 hours of Reformer or Mat practice before the training starts.

- Once the form is completed, send an email to academy@kysko.com with:
  > proof of at least 20 hours of Reformer or Mat practice
  > your availability to schedule a one-on-one interview with the Kysko Academy manager

- Once your admission is confirmed, complete 3 private sessions before the training starts (included in the Kysko pack)

PRICING

- Full Training: **1,900 CHF**
- Private Classes (10 sessions): **1,100 CHF**
- Group Classes (30 sessions): **900 CHF**

TOTAL : 3,900 CHF

Kysko is **QualiCert certified**. Your training fees may be eligible for **partial reimbursement by your health insurance**. Find all details and download the necessary forms here.



RULES

Modules are taught in **both French & English** and material will be shared in both languages also. If you miss a weekend of training, the teacher will decide if you can continue the training. **Maximum of 10 students** per sessions. We may postpone session if less than 5 clients sign up.



CANCELLATION POLICY

- **100% refund** if canceled **more than 30 days before** the first training weekend.
- **50% refund** if canceled **between 14 and 30 days before** the first training weekend.
- **No refund** if canceled **less than 14 days before** the first training weekend **or during the module.**

REGISTRATION & PAYMENT

All sign-ups and payments are completed easily **through the Kysko app.**

DOWNLOAD IT HERE

KYSKO

WE'RE ALL KYSKO

MOVE, SMILE AND LIVE FULLY

GENEVA · LAUSANNE · VEVEY

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