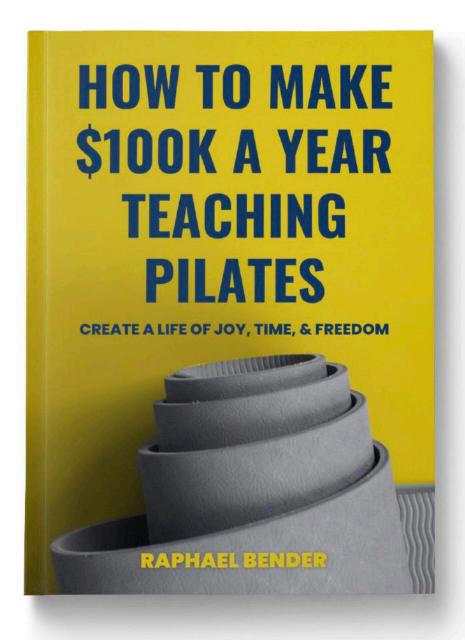
How To Make \$100k A Year Teaching Pilates





Please type
your name and
where you are
in the world in
the chat



At the end you'll be able to get the book...

- 18 Chapters, 55k words
- How to think like someone who makes \$100k
- How to choose your ideal clients
- How to build an irresistible offer
- How to validate your offer
- How to get clients
- How to transition your existing clients
- How to scale up to \$100k
- AND MORE...





Today I'm going to teach you...

- How to build a solo business teaching Pilates
- From home or online
- Anywhere in the world
- Working 25 hours a week, 48 weeks a year
- Earning \$100k+





Who this is for...

- Pilates instructors from any lineage or certification
- Who can teach matwork
- Experienced OR inexperienced
- Even if you're not certified yet
- Existing Pilates business or not
- Who want to build a solo business
- At home or online
- Anywhere in the world



This will ALSO work for...

- Personal trainers
- Yoga teachers
- Any other movement professional



What this is NOT...

- How to start or scale a brick-nmortar studio
- · How to build a team
- How to work for someone else
- How to build an on-demand online Pilates service
- How to teach corporate classes



You can do this even if you...

- Don't know how to promote yourself
- Hate selling
- Are a new instructor
- Live somewhere people can't afford to pay high prices for Pilates



You feel overwhelmed because...

- The market is saturated
- People can't afford Pilates
- You can't get clients

It's not your fault! It's because nobody taught you how to build a business – now I'm going to show you how.

Learning goals

Problem	Learning goal
The market is saturated	How to stand out in a saturated market
People can't afford Pilates	Why people can & will pay you \$99/week for Pilates
You can't get clients	How to get clients
You feel overwhelmed and you don't know where to start	How to launch your Pilates business in 90 days



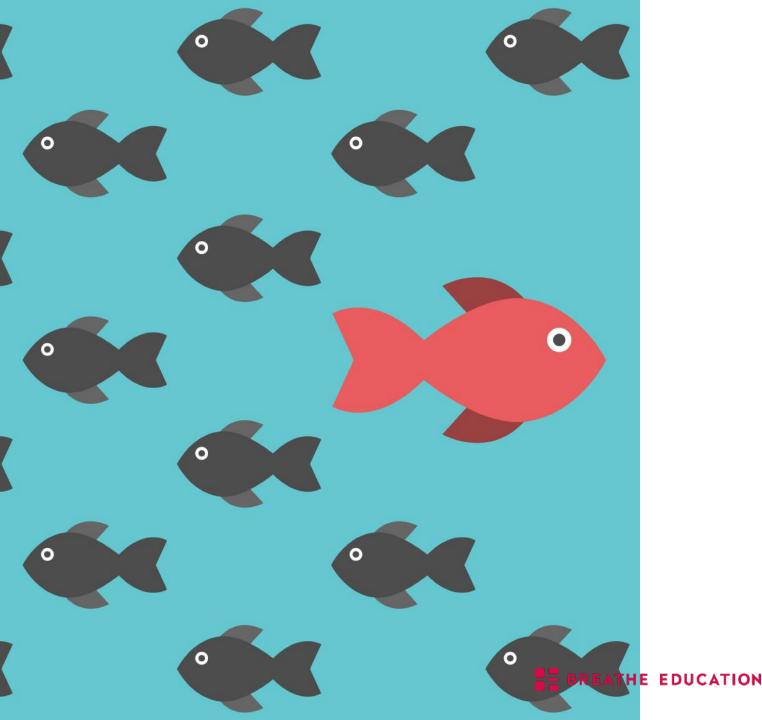


How I learned this

- Started my Pilates studio 2007
- Made my first \$1M 2017
- Read 80+ business books
- \$150k+ on Masterminds THIS YEAR
- \$1M+ of expensive mistakes
- Mentored 100+ Pilates instructors
- Seen financials of 200+ Pilates studios
- Certified 5000+ Pilates instructors
- This cost me a decade and a half,
 & millions of dollars to learn

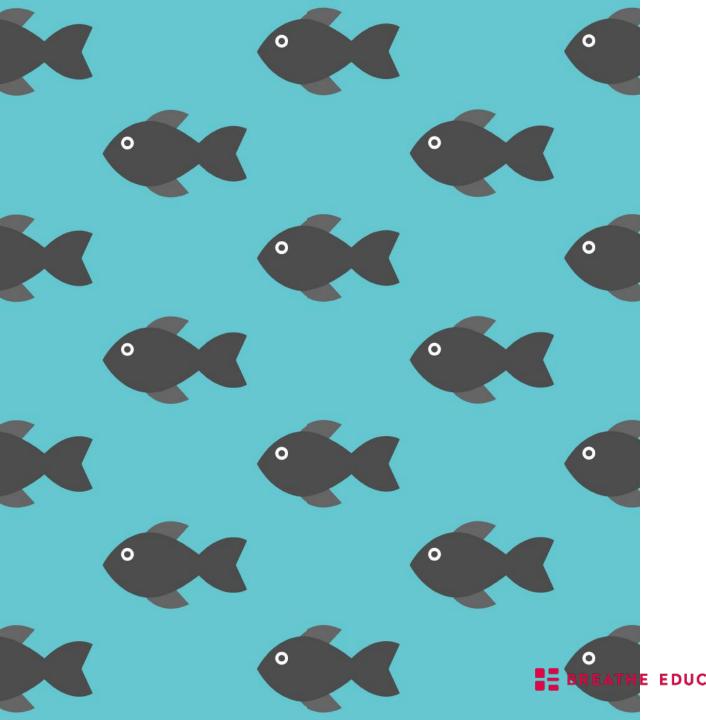
Problem	Learning goal
The market is saturated	How to stand out in a saturated market





How to stand out in a saturated market

Why you should build a client centered business



Commodity

A product that is interchangeable with other products of the same type

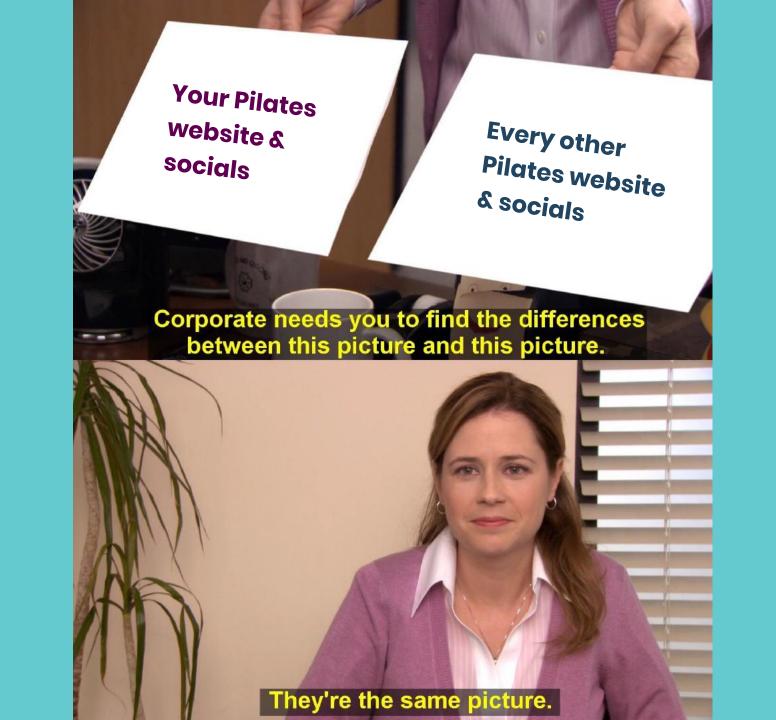
Because they are interchangeable, people choose the cheapest or easiest one

Think gasoline, or dried peas

Why would you choose one over the other when they're all the same?

When you sell a commodity you can't charge high prices

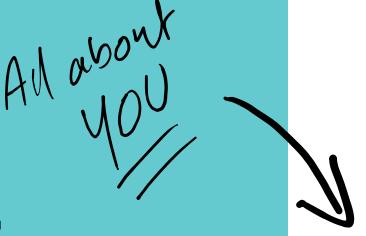






If I looked at you & your competitors website or socials would I see...

- Same prices?
- Same class options?
- Same Joseph Pilates quotes?
- Same lists of the benefits of Pilates?
- Same photos of people doing Pilates?



Is your marketing like this?

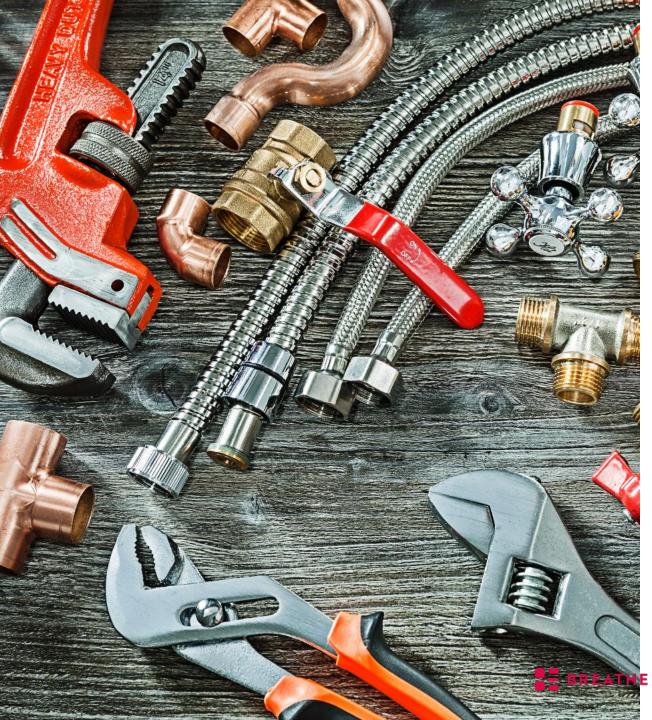
- I teach on XYZ pieces of equipment!
- My studio is pretty!
- I give personal attention!
- I care a lot!
- I love Pilates!
- I'm highly qualified!
- Here's a picture of teaser!
- Here are the 12 benefits of Pilates!
- In 10 sessions you'll feel the difference...





Have you ever used a plumber?

- Do you have an interest in plumbing?
- Why did you hire a plumber?
- You wanted a result what result did you want?



Do you care...

- Where the plumber trained?
- What certifications they have?
- Which type of equipment they use?
- Which special plumbing techniques they know?
- Whom they trained under?

EDUCATION



You bought a result

- You had a problem your sink was blocked
- The result you bought was an unblocked sink
- Plumbing was the delivery mechanism
- You don't care about plumbing you just want your sink unblocked



Have you used a dentist?

- Do you have an interest in dentistry?
- Why did you hire a dentist?



Do you care...

- Where the dentist trained?
- Which type of instruments they use?
- What special dentistry techniques they know?
- Whom they trained under?
- Which certifications they've done?



You bought a result

- You had a problem your tooth hurt
- The result you bought was healthy teeth
- Dentistry was the delivery mechanism
- You don't care about dentistry you just want healthy teeth

On the next slide you'll see United Airlines website. Can you figure out what their product is?







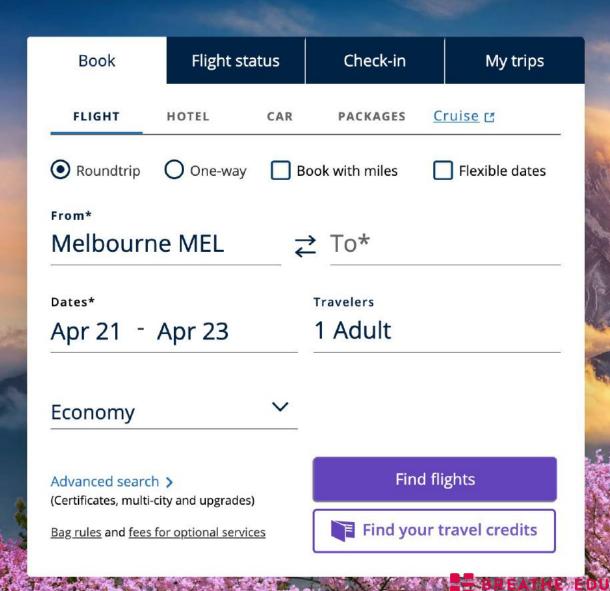
MY TRIPS BOOK

TRAVEL INFO

MILEAGEPLUS® PROGRAM

DEALS

HELP



SEE SAKURA BLOOM Visit Japan this cherry blossom season.

Learn more >

50,000 bonus miles

We are The Explorers **JOIN US**

United's product is beautiful holidays in exotic locations



Not air travel





Air travel is the delivery mechanism





Your clients are just like you

- They don't care about plumbing, or dentistry, or air travel, or Pilates
- They want their sink to work, healthy teeth, beautiful holidays, & a healthy body & mind

People buy results



People buy solutions to problems



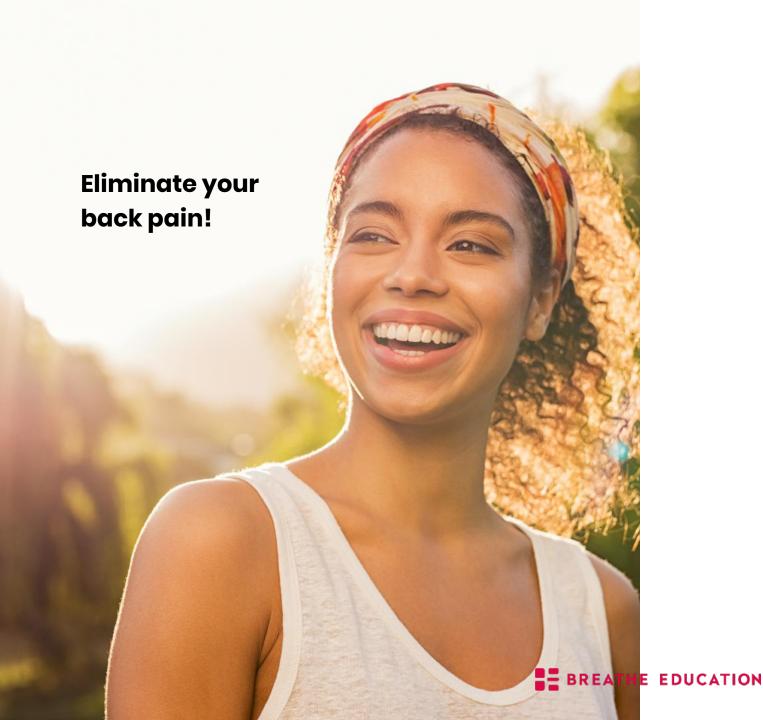
Problem	Result	Delivery mechanism
Blocked sink	Unblocked sink	Plumbing
Sore tooth	Healthy teeth	Dentistry
Feeling burnt out	Beautiful holiday	Air travel
Back pain	Being free of pain	<u>Pilates</u>





Don't sell the delivery mechanism...

Sell the result



Don't sell the delivery mechanism...

Sell the result

How to stand out...
Stop selling Pilates

Find people with an urgent & painful problem Sell them a solution to their problem





Commoditized vs client-centered

Which stands out more?



Fully equipped plumbing service!

- Fully qualified on the complete range of plumbing equipment
- Personalized attention!
- Pipe bender maintains full diameter of your pipes

I will unblock your sink today or you don't pay



Fully equipped Pilates studio!

- Fully qualified on the complete range of Pilates equipment
- Personalized attention!
- Equipment maintains specificity in the workout

Eliminate your back pain in 6 weeks or you don't pay





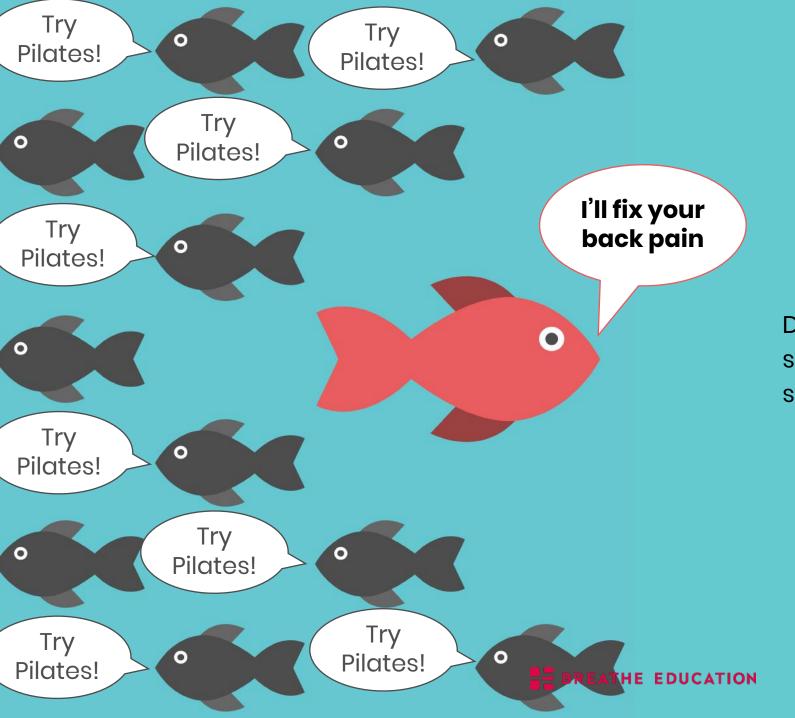
A client centered business starts with...

The client and the result they want to achieve



A client centered business delivers a single result for a single client avatar

Client avatar = description of your ideal client



Delivering a single result for a single client avatar makes you stand out



Summary

- When you sell Pilates sessions you are selling a commodity
- When you sell a commodity you have to compete on price
- To differentiate yourself, sell results
- A client centered business delivers a single result for a single client avatar
- Delivering a single result for a single client avatar makes you stand out



Self-test

- People don't buy Pilates they buy _____
- To stand out, don't talk about
 _____, and instead talk about
- What is a client centered business?
- How does a client centered business enable you to stand out?

Learning goals

Problem	Learning goal	Solution
The market is saturated	How to stand out in a saturated market	Build a client centered business
People can't afford Pilates	Why people can & will pay you \$99/week for Pilates	





Why people can & will pay you \$99/week for Pilates



Let's do the math

- \$49.50 semi-private sessions
- 4 clients per session







4 clients per session = $(4 \times $49.50) = $198/session$



4 clients per session = $(4 \times $49.50)$ = \$198/session 12 sessions/week



4 clients per session = $(4 \times $49.50)$ = \$198/session 12 sessions/week = $(12 \times $198)$



4 clients per session = $(4 \times $49.50) = $198/session$ 12 sessions/week = $(12 \times $198) = $2376/week$



4 clients per session = $(4 \times \$49.50)$ = \$198/session12 sessions/week = $(12 \times \$198)$ = \$2376/weekTeach 48 weeks a year



4 clients per session = $(4 \times \$49.50)$ = \$198/session 12 sessions/week = $(12 \times \$198)$ = \$2376/week Teach 48 weeks a year = $(48 \times \$2376)$



4 clients per session = $(4 \times \$49.50)$ = \$198/session 12 sessions/week = $(12 \times \$198)$ = \$2376/week Teach 48 weeks a year = $(48 \times \$2376)$ = \$114,048



How many clients do you need to make \$100k?

Each client pays \$49.50 per session

Clients attend 2 sessions per week

2 sessions/week x \$49.50/session = \$99/week

\$99/week x 48 weeks = \$4,752/year per client

\$100,000 **÷** \$4,752 = 21 clients

Let's round it up to 24 just to be on the safe side

\$4752 x 24 clients per year = \$114,048

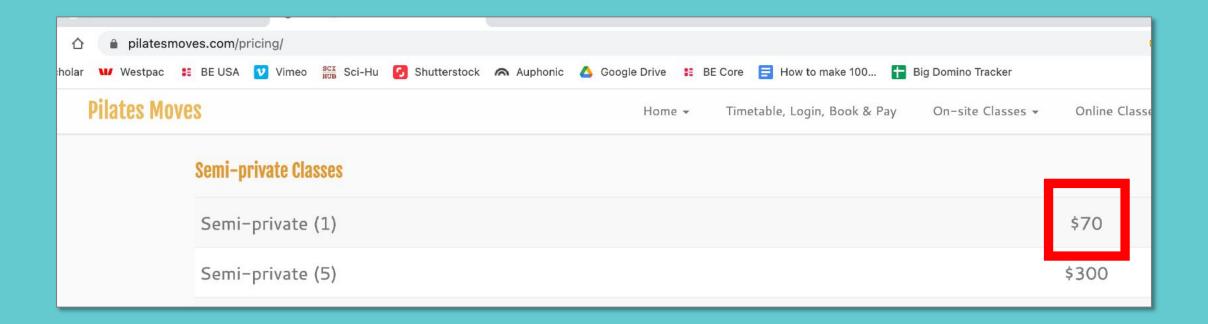
You need 24 clients to make \$100k a year

BE BREATHE EDUCATION

These people are already doing it



Pilates Moves: Sydney Australia



Semi-private classes (3-4 people)

https://www.pilatesmoves.com/



Evolve Pilates: Palos Verdes CA

Small group instruction of 2-3 clients and possibilities of instructor can individualize each client's needs and cue environment.

Duration 55 minutes.

Semi-Private Sessions	Trice
Single Session	<i>\$50</i>
4 Session Package	100 Cave \$20
8 Session Package	\$320 Save \$80
12 Session Package	\$450 Save \$150
16 Session Package	\$560 Save \$240

https://www.evolverehabpilates.com/



The Pilates Studio: Hadley MA

Semi-Private Sessions

2-3 clients. 1 Instructor. 50 Minutes.

These sessions are for clients with a basic understanding of Pilates, their own program and the Pilates Apparatus. Semi Private Sessions are closed to 2 clients.

Please note: Clients who book Semi-Privates agree to changing to a Private at last minute if their partner cancels.

One Session..\$55

Pur Now

5 Sessions..\$250

Buy Now

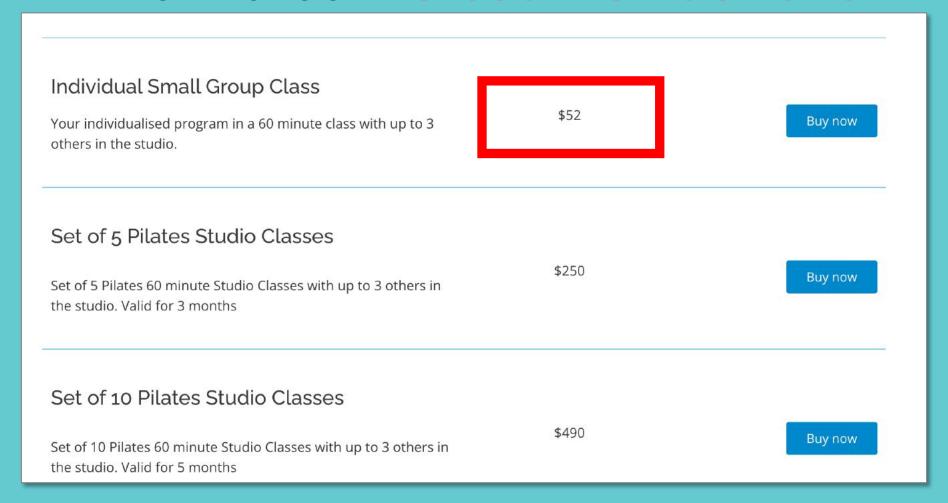
10 Sessions..\$450

Buy Now

https://thepilatesstudioinhadley.com/



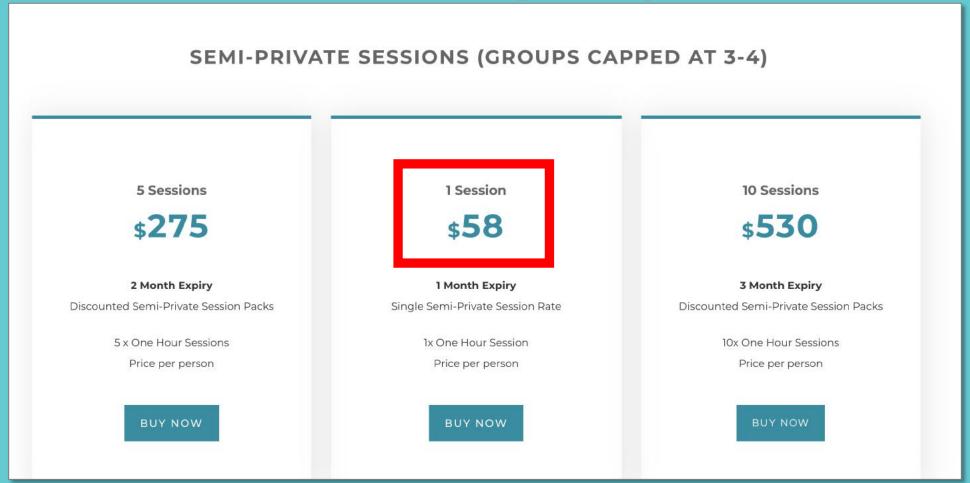
Arc Pilates: Melbourne Australia



https://arcpilates.studio/



Dynamic Pilates: Sydney Australia



https://www.dynamicpilates.com.au/





But what if people in my area can't afford \$50?

Sell to people in a different area



Mr Pilates: Online

PRICE LIST

Principal Studio Pilates Classes (4 People)

1 x class - \$ 55

5 x class package - \$240 (\$48 per class)

10 x class package - \$450 (\$45 per class)

Rhinebeck Pilates: Online

Virtual/Online Sessions (55 minutes)

Private Sessions, duets and trios are available online through Zoom.

How to Schedule

To schedule your session online, use the "Book an In-Studio or a Virtual/Online Session" below or you may also contact the studio.

Please note: if you are scheduling a duet or trio online, you must have partners ready to join you and register along with you for the session. If you'd like to join an existing duet or trio, please contact the studio and we can match you up with a small group that will be the best fit for you.

Pilates with Elaine	PRIVATE	DUET	TRIO
	\$110 / 1 session	\$80 / 1 session	\$60 / 1 session
	\$540 / 5 session	\$390 / 5 sessions	\$285 / 5 sessions
	\$1050 / 10 sessions	\$750 / 10 sessions	\$550 / 10 sessions

https://www.rhinebeckpilates.com/



Body Harmonics: Online

SEMI-PRIVATES

ONLINE

Single session: \$57–67

10-50 sessions: \$53-64

https://www.bodyharmonics.com/



Forte Pilates Boise: Online

Semi Private

Semi-private lessons are shared hours of 2-6 clients per instructor while Duets are reserved to just 2 clients per instructor (ex. Spouses or 2 friends who want the hour limited to the 2 of them. We reserve the right in Semis to book other clients into the hour). Private lessons are required to progress into semi-private lessons. You must be able to do your personal workout independently to ensure safety and efficacy in semi-privates. This enables each client to continue working as the instructor helps other participants in the lesson. They are lessons you progress into vs jump into.

Contact the studio for more information or to schedule a private lesson to get you prepared for duets or semi-private lesson.



https://www.fortepilatesboise.com/



Metropolitan Pilates: Online

SEMI-PRIVATE and DUET SESSION PACKAGES

- Metro 10 \$525 (10 semi-private sessions)
- Metro 20 \$990 (20 semi-private sessions)
- Combo \$1,335 (30 semi-private sessions)
- Jumbo Combo \$1,740 (40 semi-private sessions)
- Single semi-private session \$58

https://metropolitanpilates.com/index.php



Pilates Seattle: Online



https://www.pilatesseattle.com/

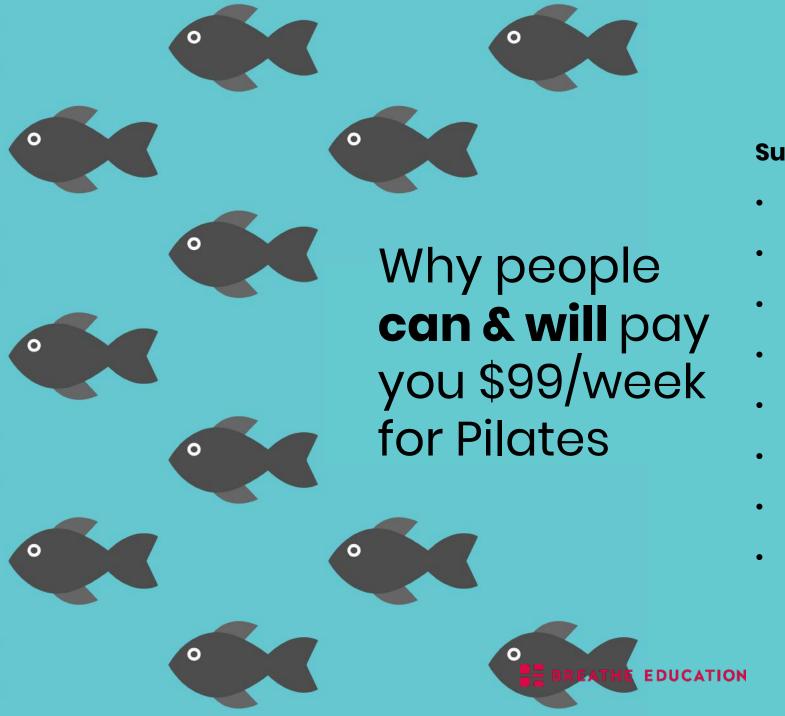




Out of **7.9 billion** people...

You just need 24 people who will pay \$99/week





Summary

- \$49.50 per semi-private
- 4 clients per session
- 12 sessions per week
- 25 hours a week, 48 weeks/year
- \$114,048
- Just 24 clients
- Other people are already doing it
- You can do it too



Self-test

- To make \$100k a year teaching Pilates you need to:
- Charge ____ per session
- Have ____ clients in each session
- Teach _____ sessions per week
- True/False: LOTS of people are already charging \$49.50 per session
- True/False: If they can do it you can do it too
- What can you do if people in your area can't afford \$99/week?
- How many clients do you need to find who will pay \$99/week?



Learning goals

Problem	Learning goal	Solution
The market is saturated	How to stand out in a saturated market	Build a client centered business
People can't afford Pilates	Why people can & will pay you \$99/week for Pilates	Other people are already doing it. You can too.
You can't get clients	How to get clients	









How to get clients

- Find people with an urgent & painful problem
- 2. Create an offer that solves their problem
- 3. Tell them about your offer



Start with a result

Your result should solve an urgent and painful problem

For people who have time, money & the will to solve the problem e.g.

- Be pain free
- Get 50% stronger



Set a timeframe for your offer

- A realistic time that you CAN achieve the result
- Short enough that it feels emotionally do-able for the client
- Long enough so they get hooked on your service
- 6-12 weeks is about right



The time frame makes your offer more concrete

- Eliminate back pain in 90 days
- Get 50% stronger **in 50 days**



How to tell them about your solution



I'm looking for 4 [IDENTITY] who want to get rid of [PROBLEM] and [RESULT] in the next [TIME FRAME] -

Identity: Your clients' self-identity e.g. women over 60, moms

Problem: The problem you solve e.g. back pain

Result: The outcome after the problem is solved e.g. be pain free

Time frame: How long your program is e.g. 90 days

CTA: Call to action. How people get in touch with you e.g. DM me

Use this template!

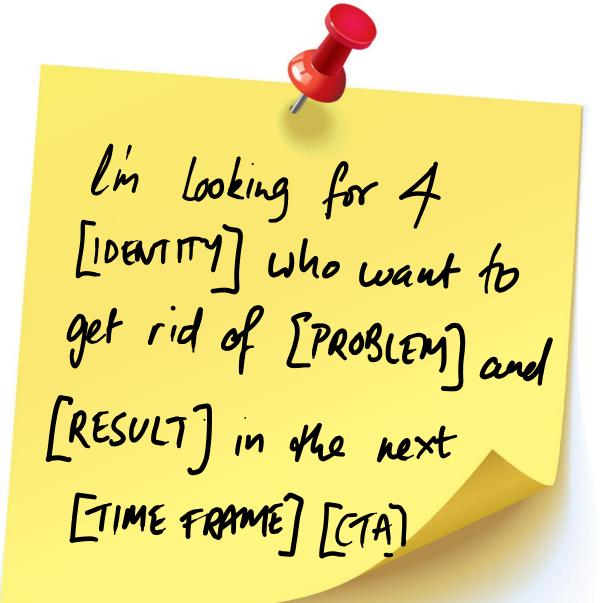


lin booking for 4
[IDENTITY] who want to get rid of [PROBLEM] and [RESULT] in the next [TIME FRAME] [CTA]

- The more qualified prospects you show your offer to, the more sales you'll make
- A qualified prospect is someone who has the problem you solve, plus time, money and the will to solve the problem

l'in looking for 4 Women over 60 who want to stop living with back pain and get in Shope in the next 42 days - Phone 041

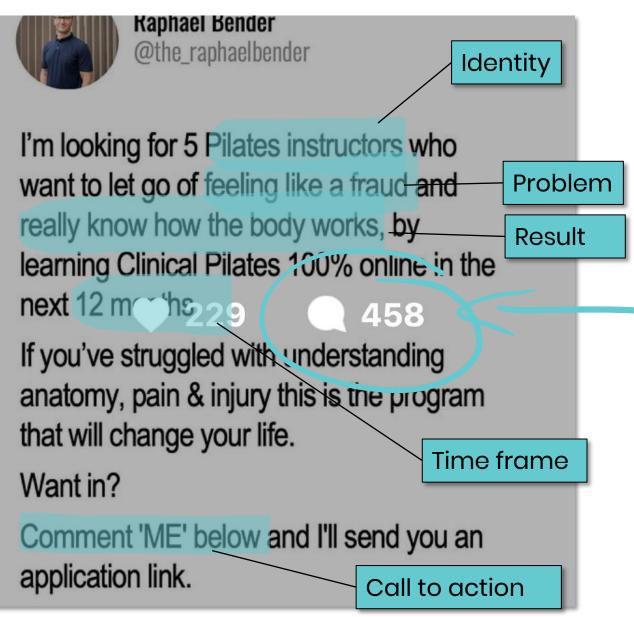
Example if you help women over 60 eliminate back pain in 6 weeks



Where to post it

- Social media
- On a literal signpost
- Local clubs, cafes, other places your ideal clients congregate
- You'll need show your offer to about 1400 qualified prospects to gain 1 client
- The more qualified prospects you show your offer to the more sales you'll make





Heisers alpost **wicks** cently





Summary

- When you solve an urgent and painful problem you don't have to be good at marketing
- Just tell people about your solution
- The best solutions promise a tangible result in a specific time frame
- 6-12 weeks is best
- Use this template: I'm looking for 4 [IDENTITY] who want to stop [PROBLEM] and [RESULT] in the next [TIME FRAME] – [CTA]



Self-test

- When you solve an urgent and painful problem you don't have to be good at marketing or sales, you just _____
- The best solutions promise a
 _____ in a _____
- What is a qualified prospect?
- What is the template ad formula to tell people about your solution?



Learning goals

Problem	Learning goal	Solution
The market is saturated	How to stand out in a saturated market	Build a client centered business
People can't afford Pilates	Why people can & will pay you \$99/week for Pilates	Other people are already doing it. You can too.
You can't get clients	How to get clients	Find people with a painful problem and tell them about your solution
You feel overwhelmed and you don't know where to start	How to launch your Pilates business in 90 days	







We will help you plan, build & launch your \$100k Pilates business in just 90 days





- Clarity
- Coaching
- Accountability





Clarity

- Exactly what to do, when to do it and how to do it
- Step-by-step instructions
- Templates, checklists, scripts
- We've taken the guesswork out of building a Pilates business
- So you can stop guessing and take action
- And ultimately build the business and the life of your dreams





Coaching

- Live coaching call Mon-Fri
- Get feedback on your offer, ads, sales calls, pricing, website... or anything else you need help with
- Ask literally any question there are no stupid questions
- Access to our whole team including marketing, sales & tech
- So you know you're doing it right
- And you can overcome any obstacle with expert guidance





Accountability

- Goal setting
- Peer group of 5 people in similar time zones
- Small daily actions
- Daily accountability
- Weekly team meeting
- Leaderboard
- So you take daily action and maintain momentum
- And actually DO the things you need to do



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000



- Exact step-by-step instructions to build your \$100k solo Pilates business
- Templates, checklists, cheat sheets
- Community of fellow Pilates solopreneurs around the world to connect with daily
- We will take you from zero to launching your business in 90 days guaranteed
- So you can eliminate overwhelm, and launch your new \$100k Pilates business quickly
- Live a life of joy, time & freedom

Value: \$10,000



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499

Effortless sales scripts

- Sales system
- Sales scripts for phone, zoom and in-person
- Sales roleplay audio
- So you know exactly what to say to prospects so they want to become your clients
- Build your business, your income and your impact faster

Value \$499



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997

Clarity Done-for-you client getting kit

- Webpage copy template
- DM sales scripts
- 71 fill-in-the blanks ad templates to get Pilates clients overnight
- So you know exactly what to say and where to post to attract your ideal clients – people who have the problem you solve, and the money, time & will to solve it
- Work with as many dream clients as you can handle

Value \$997



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573

Legal essentials template pack

- Lawyer-prepared
- Liability waiver
- 32-page terms & conditions
- Client medical screening form
- Red flag screening tool
- Fill-in-the-blanks and deploy these immediately in your business
- Get up and running quickly and enjoy peace of mind knowing you're covered legally

Value \$2573



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720

Daily live coaching

- Goal setting & tracking
- Daily accountability
- Daily live coaching
- Receive feedback on your offer, ads, website, sales calls...
- So you get out of overwhelm and focus on the most important thing each day to build your business
- Achieve your result with the least wasted effort and fewest mistakes
- Build your dream life

Value \$8,720

Coaching & accountability



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997

Our systems, templates & strategies

- Sales system
- Google & FB ad systems and templates
- Client goal setting & results tracking templates & checklist
- Personal accountability system
- Short-cut the years we've spent to develop these tools to launch and grow your business quickly

Value \$14,997



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997

Clarity, coaching & accountability



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997
TOTAL VALUE	\$37,786

Clarity, coaching & accountability



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997
TOTAL VALUE	\$37,786
You pay	\$5000



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997
TOTAL VALUE	\$37,786
You pay	\$5000



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997
TOTAL VALUE	\$37,786
You pay	\$5000
Beta price	4

We need 100 people to beta test
the program & give testimonials!



What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997
TOTAL VALUE	\$37,786
You pay	\$5000
Beta price 80% off	\$997

We need 100 people to beta test
the program & give testimonials!

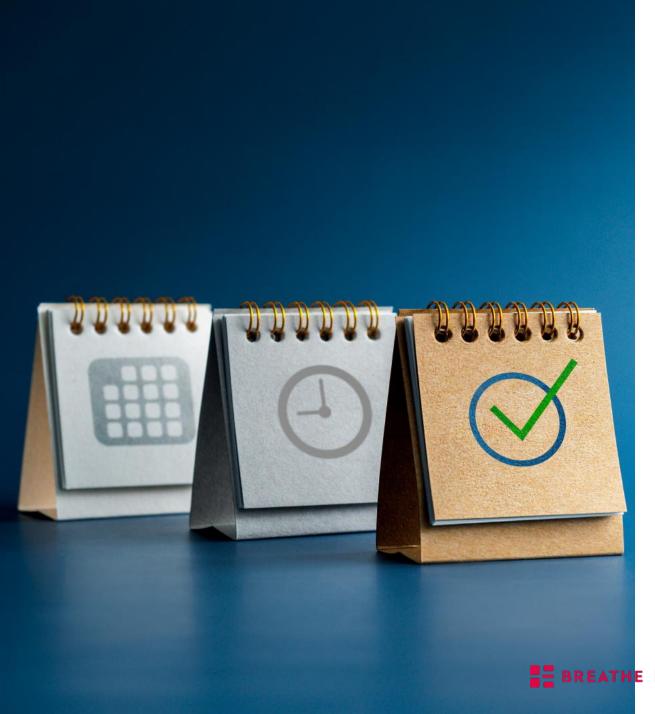
What you get	Value (USD)
Exact step-by-step instructions to \$100k	\$10,000
Effortless sales scripts	\$499
Done-for-you client getting kit	\$997
Pilates legal essentials template pack	\$2,573
Daily live coaching calls for 90 days	\$8,720
Our exact systems, templates & strategies	\$14,997
TOTAL VALUE	\$37,786
You pay	\$5000
Beta price 80% off	\$997

There are 943 people registered for this workshop...

This is a **one-time offer** for the first 100 people to beta test the program at **80% off** the full price

Pilates Launchpad





Program requirements

- Certified in matwork+
- Existing client roster OR not
- Commit to daily action for at least 30 min
- Commit to peer accountability

And only for the first 100 people



To enroll scan the QR code with the photos app on your phone OR go to breathe-education.com/launchpad

Enroll at breathe-education.com/launchpad







What if you're not certified yet?

We've got you covered!

Enroll in the Certification in Pilates in the next 5 days And get Launchpad FREE

Plus... First 12 people only!

FREE 24 months Accelerator program...

We'll get you certified AND to \$100k/year guaranteed!

Go to breathe-education.com/call





To enroll in launchpad go to breathe-education.com/launchpad

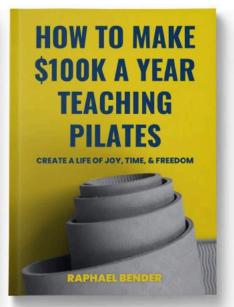


To get certified go to breathe-education.com/call







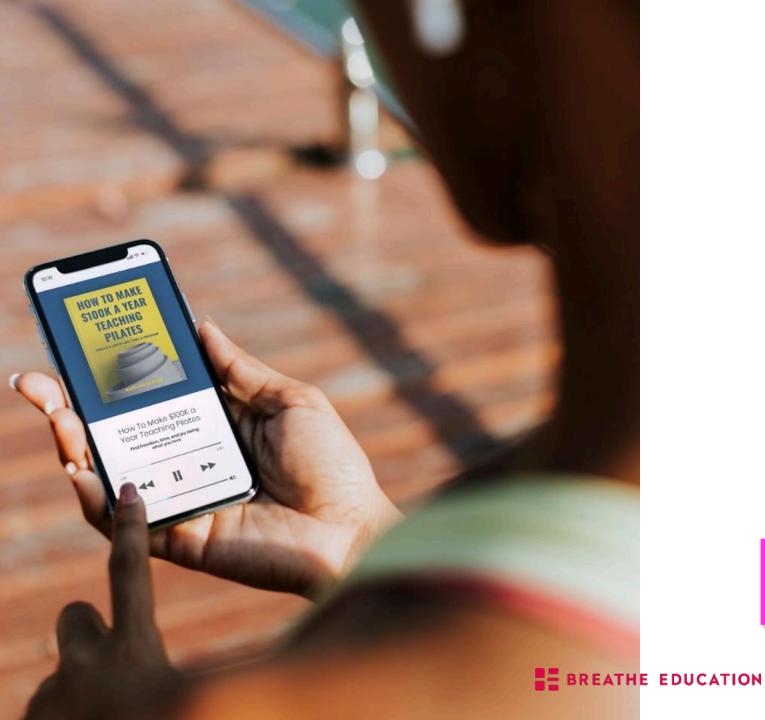


E's also more expensive to build than a business that services 4 dients per session. session, if you have your 4:1 pricing right. At 9 clients per session you're exceeding your 4.1 revenue. But 10 clients in a session is where you start to see the benefit of large group sessions. Dialed in retention strategies The reason I say this, is when you're teaching larger groups you'll have more chun (clients dropping out). So you'll have to spend more time and effort getting new clients. At 9 clients per session, you're making \$7 more than at 4 clients per session. Customer support . And a bunch of other things or double (or more) the hassle. Hence, I don't think it's worth it. oclicies, leadership meetings and all the rest of it. It's a lot of work - but the rewerds If you build a bigger business capable of generating \$250k profit, your job will change too. You'll spend less time teaching clients and more time running this business. It's a lot of tun and very rewarding, but it's not for everyone. if teaching is your jam, stick to a small, simple one-person operation. You'll spend 90% of your time teaching Plates. You'll be happier and still make great money. So we're going to go with the 4.1 model because, as you've seen, you can make make \$100k a year teaching 13 sessions a week. hours per week to your teaching load to account for admin. The big advantage of a 4.1 semi-private model over a 10.1 setup is you don't need there near as many clients to make it work. And getting clients at scale can be hard work. You can make about the same mone As you can see, the best options are either 4 clients per session or 10+ clients per with way less work by running 4-1 sent-private sessions. They are the best dollar return on your energy and time as a solopreneur. 1-3 and 5-8 clients per session are dead zones where you actually make less money are people who are making \$100k a year teaching privates, and 6.1 sessions - you session. But you'll have a lot more hausie to get clients and service them, for marginal extra profit. Though as you see from the math, teaching 4:1 semi-private sessions is the easiest Why not teach 20+ clients per session? if you want to make a quarter of a million collars profit per year, teach 20+ clients per With 4.1 sessions, you can make the most money in the least time with the least session. Either in a bricks-and-mortar studio, or prine. Online is more profitable than a bricks and morter because your costs will be lower Here is a short summary of everything you need to take away from this chapter so

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