

PACIFIC NORTHWEST  
**PILATES**  
— PORTLAND OREGON —

**Observation, Practice Teaching, and Physical Review  
Hours for Intensive Fitness Program**

*All observation, practice teaching, and physical review hours are mandatory and are submitted when you take your exam.*

	<b>IMP</b>	<b>IR</b>	<b>ICAD</b>	<b>ICHR</b>	<b>IBR</b>
<b>Observation</b>	10 hours	10 hours	10 hours	15 hours	5 hours
<b>Physical Review</b>	30 hours	40 hours	15 hours	10 hours	10 hours
<b>Practice Teaching</b>	15 hours	25 hours	10 hours	10 hours	5 hours