

MagicBody Outlines Redesign of Its In-Person Regular Pilates Course From More Than 100 Hours to 11 Weeks and 55 Hours

Repeated learning taken out of class moved to recordings and a practice room, and the in-person regular course certificate requires clearing four exam stages.

SEOUL, SOUTH KOREA, August 28, 2026 /EINPresswire.com/ -- MagicBody (International Rehabilitation Pilates Association Co., Ltd.) has laid out why it redesigned its in-person regular course, once more than 100 hours long, into 11 weeks and 55 hours.

MagicBody said one standard came first: "The purpose of education is not to learn as much as possible, but to get people working in the field." It also said it redefined the training to strengthen real-world job duties on a foundation of core theory.

MagicBody pointed to two reasons for the redesign: students dropping out, and students putting off the start of their careers. While the course ran long, many who missed a class or two fell behind and quit, and others delayed taking a job after finishing. Coming out of that period, the company said, it changed direction, away from teaching more and toward teaching clearly what an instructor can use on the job.

Jaemin Seo, CEO of MagicBody, said that, having compressed the course into 55 hours, the association "gave students a recording of every lecture." The repeated practice and review that MagicBody took out of the 11-week, 55-hour in-person regular course went into resources that continue outside class.

Recordings now carry the review that once happened inside class. MagicBody said each class the



The practice room at MagicBody's Seoul training center, where the repeated practice taken out of the in-person regular course now takes place.

course instructor teaches is filmed on a camcorder and emailed to students the same day, and graduates can watch any individual session again later. Bogyong Park, a graduate of the 276th cohort, wrote on MagicBody's review board, "The video keeps the jokes the instructor made that day and the examples they used, exactly as they were, and it was good to be able to review the very class I sat in." Dahee Hong, a graduate of the 264th cohort, wrote on the same board, "Whatever the number of hours, the learning was well structured, and reviewing with the videos that were always posted was really efficient."

The repeated practice taken out of class hours continues in a practice room at the Seoul training center. Inside are five kinds of apparatus, the Mat, Reformer, Cadillac, Chair and Barrel, and the door stays open 24 hours. Graduates of the in-person regular course can use the room at no charge and with no time limit, MagicBody said. Hong added in the same post, "The center is kept open so there is always somewhere to practice after finishing, and even after graduating it helped a lot with practicing exercises for profile photos and rehearsing classes."

Supplementary lectures on concepts and theory carry on online, outside class. Graduates of the in-person regular course can continue learning through those lectures on MagicBody Academy, its online learning platform, and those without a degree in exercise science can also watch supplementary anatomy videos, MagicBody explained. Small lesson groups and study groups add to the peer coaching that happens in class, and MagicBody opens both to graduates at no extra charge.

Seo said, "It is impossible to be fully prepared before starting work." He also said, "The more clients an instructor works with, the better that instructor gets." When graduates get stuck on something on the job, MagicBody recommends checking that point again in the recording and applying it in the next class.

Students in the MagicBody in-person regular course, cut from more than 100 hours to 11 weeks and 55 hours of scheduled class time, receive the certificate only after clearing all four exam stages. The practical exam is split into three rounds, and in each round the instructor picks 10 exercises at random and the student must perform at least seven correctly. The written exam has 20 multiple-choice questions with four options each, and the pass mark is 80 out of 100. There are three assignments, and MagicBody said the final teaching exam has students teach the first 20 minutes of a 50-minute sequence they wrote, as they would in an actual class.

The qualification is registered under the name Pilates Instructor (in Korean, 필라테스강사) as a registered private qualification, number 2017-003943, and can be looked up in the Private Qualification Information Service operated by the Korea Research Institute for Vocational Education and Training (www.pqi.or.kr).

About MagicBody

MagicBody is a specialist rehabilitation Pilates instructor training brand operated by the International Rehabilitation Pilates Association Co., Ltd. Founded in 2012 and led by chief executive Jaemin Seo, it has trained 6,438 instructors over 14 years and has built up instructor-training records across that period, with graduates working in 36 countries. It runs an 11-week, 55-hour in-person regular course and issues the registered private qualification "Pilates Instructor" (registration No. 2017-003943, managed by the International Rehabilitation Pilates Association). The refund policy, completion requirements and course schedule are on the official MagicBody website (www.magicbodypilates.co.kr).

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