

How to Become a Barre Instructor

No single body certifies barre teachers. You train with a brand, such as The Bar Method, or with a program such as Balanced Body Barre or Barre Above. Learn the routes and what to ask.

Updated October 28, 2026

Barre classes mix ballet-style positions, small movements, strength work and music. We found no single governing body for barre. You choose between a brand route and an independent course.

Route 1: A brand or franchise

A brand trains teachers for its own studios. You learn its choreography, cues and class format.

- **The Bar Method:** its page lists these steps: take many classes, contact your local studio, interview and audition, take in-depth instructor training, practise, and pass the certification requirements.

The first step is your local studio. Ask it about the fees, the schedule and the teaching commitment. The page we read did not list prices. Other brands set their own rules. Check each brand's own site.

Route 2: An independent course

These courses are open to people who are not tied to one studio brand.

Balanced Body Barre has two courses. Fundamentals runs 8 hours in one day. Comprehensive runs 16 hours and adds programming, progressions, modifications, group-teaching skills and teaching to music. To complete a course you need six months or more of practice and teaching. The page did not give prices or a named credential.

Barre Above is an 8-hour workshop. You can join in person or by livestream. It lists \$249 to \$299, based on how early you book. It lists CEUs from AFAA, ACE and NASM. It says there are no renewal fees and no licence fees for clubs and studios. The Barre Above name, logos and choreography come with an optional paid membership.

Merrithew lists Total Barre among its workshops. The page we read gave no detail. Ask Merrithew for the current course.

Prices are from each provider's page in October 2026. They can change.

Questions to ask any program

1. How many hours, and how many are live or in person?
2. Is there a test or a video review?
3. Can I use the name and the choreography in my own classes?

4. What does it cost to renew?
5. Will the studios near me accept it?
6. Does my insurer accept it?

Before your first class

- Take many classes in the style you will teach.
- Practise cueing out loud. Barre classes are fast.
- Buy liability insurance if you teach as a contractor.
- Read our guide on how to tell a good instructor.

Teacher training

Other teacher guides: [yoga](#), [Pilates](#), [aerial](#), [pole fitness](#) and [hoop dance](#).

Frequently asked questions

Is there one official barre certification?

We found none. Each brand and training company sets its own course, fees and rules. Ask the studio where you want to teach which one it accepts.

Do I need dance experience?

The pages we read do not set a dance requirement. Balanced Body asks for six months or more of practice and teaching to complete its course. Brands may add an audition.

Can I teach online after a course?

It depends on the course. Barre Above says that teaching online is unrestricted. Brand programs may limit where you can use the name. Read the terms.

Sources

[Balanced Body: Barre instructor training](https://www.pilates.com/education/barre-certification-pilates-instructor-training/) — <https://www.pilates.com/education/barre-certification-pilates-instructor-training/>

[Barre Above training](https://fitproprogramming.com/barre-above/) — <https://fitproprogramming.com/barre-above/>

[The Bar Method: become an instructor](https://barmethod.com/be-an-instructor/) — <https://barmethod.com/be-an-instructor/>

[Merrithew: STOTT PILATES, ZEN-GA, Total Barre and other programs](https://www.merrithew.com/) — <https://www.merrithew.com/>