
THE
PILATES
COURSE.

Host Us!

Pilates Teacher Trainings



Do you have the passion and space to inspire future Pilates instructors?

We are looking for dedicated Studios just like yours to become a Host Studio for our Pilates Teacher Training Courses!

We Provide

Comprehensive
Reformer &
Mat Teacher
Training for
Pilates Instructor
Certification

The Pilates Course offers a comprehensive education in both Pilates Mat and Pilates Reformer Teacher Trainings, where students will learn both classical and contemporary techniques.

The full repertoire of exercises will be covered along with anatomy, programming, progressions, and regressions to ensure that students can accommodate clients with a wide range of abilities and needs. It also includes Pilates during pregnancy and postpartum, addressing the specific considerations and modifications required for every relevant exercise.

In addition to the movement techniques, the course covers anatomy and basic rehabilitation regressions, providing a deeper understanding of the body and how Pilates can be used to support healing and recovery.

Students will learn about studio etiquette, including how to create a safe and welcoming environment for clients, and the basic business of Pilates.

The course provides an introduction to financial management for a successful instructor journey.

Once students have completed their lectures and practical hours they will be a competent Pilates instructor.

Why TPC?

Our combined 20+ years in the Pilates and movement industry has equipped us with knowledge that can only come from many years of experience.

Our comprehensive REPS Certified training is recognised in over 30 countries around the world and we have trained and qualified Pilates instructors from the USA, to South Africa, New Zealand and more.

This course offers 20CPD points.

Our course is designed to empower new instructors with traditional and contemporary Pilates techniques, and the confidence to lead dynamic classes.

We have a passion for this work and the people doing it and therefore encourage open communication throughout the process and beyond.

Master Trainers



Talia and Alexia

Co-founders of The Pilates Course, Alexia and Talia are a sister duo with more than 20+ years in the Pilates and movement industry.

In addition to holding comprehensive Pilates certifications, Talia also has a diploma in Personal Training and Business Studies, while Alexia is qualified in Exercise Science and is a Pre and Postnatal exercise specialist.

Their combined expertise and passion for this practice has allowed them to create all-in-one teacher training courses.

How it works?

Your studio will be the temporary home for The Pilates Course Teacher Trainings, renting your space to teach our course working around the studios schedule - this could be using the studio when it is the most quiet, on the weekends or even after hours.

IN-PERSON

or

LIVE ONLINE

We come to you and
teach the students
hands-on.

A screen and camera
is set up and the
students make use of
your space.



What's in it for You?

- Your studio will receive a percentage of each sign-up whether In-Person or Live Online.
- You will have the first opportunity to hand pick new instructors for your studio.
- You will gain access to a global community of like-minded pilates lovers.

What's required of You?

- +/- 35 hours of studio time, preferably broken up into 5 consecutive days.
- Assistance with advertising and securing sign-ups
- A minimum of 9 students required for in-person training.

Course Breakdown

- The History of Pilates
- Pilates Principles
- Anatomy
- Posture and Alignment
- Studio Etiquette
- Medical Screening
- Comprehensive Education in both Classical and Contemporary Repertoire
- Emphasis on Cueing
- Modifications and Adaptions
- Injury Prevention and Rehabilitation within Scope of Practice
- Pregnancy and Postpartum
- Prop Training
- Basic Business Knowledge

Course Structure

COURSE HOURS BREAKDOWN:

+/- 35 hours of lectures in person or live online

On completion of the course, you will be required to complete 205 hours of practical teaching.

These hours are broken down as follows:

- 50 hours of observation (minimum of 40 hours must be in person or live online)
- 60 hours of self practice, working through the manual
- 50 hours of teaching i.e. a friend or family member
- 40 hours of attending reformer/mat classes with a qualified pilates teacher
- 5 hours of student teacher being observed by a reformer/mat qualified teacher



Pricing

MAT PILATES TEACHER TRAINING:

Live Online - TBD

In-Person - TBD

REFORMER PILATES TEACHER TRAINING:

Live Online - TBD

In-Person - TBD

We offer flexible payment arrangements.



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Get in Touch!

Email: hello@thepilatescourse.com

Website: www.thepilatescourse.com