



## Course Information Pack

A new career or a second job teaching Pilates? It's a big decision, and we know that it's not easy finding your way through the confusing array of courses and promises as you take the decision who to train with.

That's why we've put this pack together. We've been delivering Pilates teacher training for almost 30 years and are recognised as a world-leading training provider. Our hard-earned reputation is built around the detailed way we teach students how to adapt exercises for a wide range of clients; for the emphasis we place on teaching practice; and for the support we provide during and after the course. That's why our course is widely seen as a benchmark, laying a unique foundation for a successful Pilates teaching career.

This is not the quickest and easiest course you can choose. You should assume that it will take you between 6-15 months to qualify, mainly determined by your availability in the supervised teaching period (many of our students work full-time) and by the progress you make. But, more than any other course available, when you gain your certification **you will be absolutely ready to teach!**

This is the most comprehensive matwork course available, not only in terms of content and exercises covered (you study more than 100 exercises), but also in the focus we devote to building your skills and confidence as a teacher. It starts with 13 tuition days delivered online via live Zoom sessions with our tutors. These can be undertaken in one of two formats:

- **'intensive'**, usually comprising two tuition blocks of six days and seven days.
- **'extended'**, comprising two-day blocks held typically every other weekend over a three-month period. There is one three-day block during the course.

You cover the same content in both course formats, so you can decide which works best for you – please give us a call if you have any questions on this. The tuition days are followed by four face to face 'Contact Days' to cover content that can't be covered online. Later on, there is one more 'Contact Day' geared to 1:1 teaching. This mix of combining online and face to face work has been delivering excellent results.

There are three main elements to complete the course - some self-study work submissions; a multiple-choice anatomy exam (online), and a period of 'supervised teaching' culminating in final 1:1 and group teaching assessments. Body Control Pilates is the only training provider that has a **national network of well over 100 'supervising teachers'**, enabling students to do much of their teaching practice closer to home. Our course fees cover your time with those teachers, so there is nothing extra to pay. We also offer a range of optional student 'supervised teaching workshops' in London and online. Importantly, our education team will always be on hand to support you every step of the way.

Upon qualifying, you receive a Body Control Pilates matwork certificate and accreditation against the new industry standard for Pilates, set by the Society for the Pilates Method. We also offer 'Level 3 Pilates' certification if requested. You will become part of our membership body, which has over 1,400 teaching members and is Europe's largest and most active dedicated Pilates community.

All we ask is that you have been taking regular Pilates classes before applying – above all, so that you can take an informed decision about wanting to teach and share the benefits of Pilates with others!

Any questions? Please call us on **020 7636 8900** or email Ella, our Education Manager, at [ella.porter@bodycontrolpilates.com](mailto:ella.porter@bodycontrolpilates.com) If you prefer, we are also very happy to set up a Zoom chat with you.

Yours faithfully,

**Leigh Robinson**  
Managing Director

# Thank you for considering Body Control Pilates for your Pilates teacher training course

You are thinking about a potential new career teaching Pilates, so we recognise that it's a big decision – perhaps one of the biggest that you will take as it could be life-changing in terms of creating a new way of life. That's why we have put together this very concise set of answers to the questions that we are asked the most.

Everything you need to know about the course and the qualification that we offer can be found in the **Information Pack** ([bodycontrolpilates.com/become-a-pilates-teacher/matwork-teacher-training/course-information-pack](http://bodycontrolpilates.com/become-a-pilates-teacher/matwork-teacher-training/course-information-pack)), but I hope that these answers help fill in the last gaps and give you the necessary information to understand why the Body Control Pilates matwork teacher training course is widely seen as the international benchmark for teacher training.

Please don't hesitate to get in touch if we can help further. Just give us a call on **020 7636 8900** or drop an email to **Ella Porter**, our Education Manager, at [ella.porter@bodycontrolpilates.com](mailto:ella.porter@bodycontrolpilates.com)

I do my utmost to start and finish the tuition on every teacher training course, so I hope to meet you then!

Best wishes,

*Lynne*

Lynne Robinson  
Founder and Director



## Matwork Teacher Training:

# The 10 most-asked questions – answered!

### QUESTION 1:

#### How long will it take me to qualify?

You should assume that it will take you between 6-12 months, but it totally depends on your availability in the supervised teaching (practice teaching) period and on the progress you make. We work on the basis that “you’re ready when you’re ready” – some qualify in a few months, some need longer. Either way, we’re there to support you right through your journey.

### QUESTION 2:

#### Why does it take 6-12 months when I can qualify in a couple of weeks on some other courses?

We go into much more detail in terms of knowledge and teaching than almost any other course. We are also unique in giving you an opportunity to build your skills and confidence as a teacher through our supervised teaching programme. We believe you need all of this to build a successful career as a Pilates teacher and know that you are 100% ready to teach when you qualify from our course.

### QUESTION 3:

#### Am I the right level to join the course?

All we ask is that you have been attending enough Pilates sessions to have familiarity with the key exercises and to enable you to take an informed decision about becoming a teacher. You don’t need to be superfit, you don’t need to be able to do the advanced exercises, and if you have an injury or physical limitation that’s absolutely fine – remember that the Body Control Pilates method was created by Lynne Robinson because she had herniated a disc in her back and needed to adapt the challenging ‘classical’ exercises. Body Control Pilates is for everyone and we want our teachers to reflect that.

### QUESTION 4:

#### Am I too old?

Age is not an issue. Most of our students are in their late 20’s to 50’s, and our oldest student started the course at the age of 74. If you have the right mindset and passion, your age is irrelevant.

### QUESTION 5:

#### Are there any extra costs that I need to be aware of?

Essentially no, in that your course fees cover tuition, course materials, assessments and supervised teaching when you are working with one of our network of teachers around the country. We do encourage you to attend some additional online and face to face student workshops in London and there is a small charge for these (typically up to £30). We do, however, give you a credit of £150 to use for these. All in all, there should be no nasty surprises on the financial front!

### QUESTION 6:

#### I can’t make some of the tuition dates for the course I want to join. Is that a problem?

Not at all. We know that ‘life gets in the way’ for many of our students and, indeed, many are fitting this training around full-time work or running a family. Just let us know if there is a tuition date that you can’t make and we’ll give you an option to catch it up by sitting in on another course.

### QUESTION 7:

#### When are the Contact Days?

We ask you to attend five Contact Days in London. We run these after your online tuition modules and they cover content that can only justifiably be covered face to face. The fifth Contact Day focuses on 1:1 teaching and includes a short teaching assessment. There are no set dates for Contact Days for each course - we give you a range of date options and it is totally your call as to when you book in. You may want to attend the first four

on a monthly basis. Should you not have an existing Supervising Teacher near you, we'll do our best to find a solution by training up a nearby teacher or by giving you some complimentary workshops online and in London. As mentioned, there is no additional charge when you work with your local supervising teachers.

**QUESTION 8:**

### How often will I need to come to London?

At a minimum, you need to come for London for Contact Days and for your final teaching assessment (Final Sign-Off). That Final Sign-Off takes place during a full day 'Student Day' workshop, so it makes best sense that you also plan to attend one of these to understand how they work. You should also ideally plan to attend a couple of Supervised Teaching Workshops along the way as these are invaluable to see how you are progressing. So, all in all, you should be thinking of at least seven or eight visits. If you are coming long-distance, Ella and her team will help you plan your visit to get maximum benefit. If you are based outside the UK, it may be that we can offer you a more local option for taking the Contact Days if we have an experienced Body Control Pilates teacher near you. We'll always do our best to find the optimum solution. Many of our teacher training students come from outside the UK and with the initial 13 tuition modules being online the course is now more accessible than ever, wherever you are based in the world.

**QUESTION 9:**

### I may be moving abroad. Will the qualification allow me to teach internationally?

Essentially, yes. We are one of the most-internationally recognised Pilates training providers and have teachers working in more than 50 countries. There is no global standard for Pilates teacher training but, where

standards do exist (such as in the UK and the EU) we meet them – we, in fact, were asked to help create the European Union standard! If you're thinking of joining our course and have a specific country or region in mind as to where you may move, just give us a call and we can go into more detail with you.

A small handful of countries have local requirements that you may need to fulfil before teaching – France is one of these.

**QUESTION 10:**

### Does this course give me a 'Level 3 Pilates' qualification?

Yes, although the chances are that you will never need it. 'Level 3 Pilates' (L3P) is a standard for matwork teacher training that has been in place since 2005. It has been very much 'watered down' since then with many L3P courses offering only very limited teaching practice - or none at all! This is why Body Control Pilates has adopted the new SPM (Society for the Pilates Method) standard. Over 95% of our course graduates don't request or need a 'Level 3 Pilates' certificate and you will generally only be asked for it if you want to teach in some gyms or health clubs. If you do want a L3P certificate, you can request this later in your course and we will be pleased to organise this for you through our Awarding Organisation, Active IQ. You may need to take a short additional theory paper set by Active IQ. There is an additional charge of £125 to cover registration and certification charges.



You can find latest course dates and availability on our website at:

[bodycontrolpilates.com/become-a-pilates-teacher/uk-course-dates-availability](https://bodycontrolpilates.com/become-a-pilates-teacher/uk-course-dates-availability)

## More information?

Please contact:

**Ella Porter** – Education Manager  
[ella.porter@bodycontrolpilates.com](mailto:ella.porter@bodycontrolpilates.com)

**Leigh Robinson** – Director  
[leigh@bodycontrolpilates.com](mailto:leigh@bodycontrolpilates.com)

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## Pilates Standards in the UK, the EU, and beyond

Since 2005, the UK has had a national standard for Pilates, known colloquially within the industry as 'Level 3 Pilates'. It sets the minimum requirements in terms of skills and knowledge that a teacher should have to teach Pilates matwork. Increasingly, however, concern has grown that the Level 3 standard does not place enough emphasis on students becoming familiar with the exercise repertoire, whether through teaching or in their own body; and that insufficient emphasis is placed on contact hours and teaching practice. These are vital for ensuring that someone is absolutely ready to teach when they qualify.

In response to this, and also in recognition that the UK Pilates industry needs its own voice when lobbying the government or key public organisations, leading training providers in the UK formed a new not-for-profit body in early 2021. This is called the **Society for the Pilates Method**. Body Control Pilates is proud to be one of the three Founders of the SPM.

Its overriding mission to uphold the quality of Pilates education and teaching in the UK and, to this end, it has adopted new standards for matwork and studio apparatus, leading to a Comprehensive qualification. These standards were developed with, and are overseen by, PD:Approval, a leading international agency in the development of occupational standards and quality assurance.

The Body Control Pilates matwork teacher training course meets this exacting new standard, which requires you to be assessed teaching a group and also a 1:1 session. Upon qualification you will receive two certificates: one from Body Control Pilates and one from PD:Approval, signifying that your qualification will have a wide international recognition.

If you want to work in fitness clubs in the UK, you may also be asked to hold a 'Level 3 Pilates' qualification. More than 95% of our teachers work outside the traditional fitness industry, running their own classes, or teaching in studios or physio centres, for example. We can offer you a Level 3 certification as an additional element when you come to take your assessments for the course – this will involve you taking an additional worksheet. 'Level 3 Pilates' certificates are awarded by Active IQ, our Awarding Organisation for this purpose. **We are currently the only 'one stop' training provider** who can offer you the option of accreditation against all recognised matwork standards.

Body Control Pilates has an established history of leading the industry in the development of standards, whether that was by being the first specialist Pilates training provider to receive formal approval against the UK national standard for Pilates when it was introduced; by being the first in the industry to develop and launch a 'Level 4 Pilates' qualification; or by being invited to set and chair a group tasked with developing a European Union standard for Pilates.

Whilst there is no formal worldwide standard for Pilates, we offer one of the most internationally accepted qualifications in the industry. This is underlined by Body Control Pilates having teachers working in some 60 countries around the world. Please contact us if you need more information.



## Teacher Training Course Dates to March 2026

The tuition modules for all courses below take place **online** via 'live' tutorials (on Zoom), with **four 'Contact Days'** per course taking place later to review module content.

There is then one additional Contact Day focussed on 1:1 teaching.

There will typically be four hours of live tuition each day (10am-12pm & 1pm-3pm). The First Day of each course runs from 10am-approximately 1.30pm.

### 'Extended' course start dates:

<b>September</b>	<b>September 6<sup>th</sup> 2025</b> COURSE CODE: 25.4	- one space left
<b>September</b>	<b>September 27<sup>th</sup> 2025</b> COURSE CODE: 25.5	- one space left
<b>November</b>	<b>November 15<sup>th</sup> 2025</b> COURSE CODE: 25.6	- good availability
<b>January</b>	<b>January 10<sup>th</sup> 2026</b> COURSE CODE: 26.1	- good availability
<b>February</b>	<b>February 28<sup>th</sup> 2026</b> COURSE CODE: 26.2	- good availability

### 'Intensive' course tuition dates:

<b>September</b>	<b>September 15<sup>th</sup> 2025</b> Monday 15 <sup>th</sup> - Saturday 20 <sup>th</sup> September & Saturday 11 <sup>th</sup> - Friday 17 <sup>th</sup> October COURSE CODE: 25E	- fully booked
<b>November</b>	<b>November 3<sup>rd</sup> 2025</b> Monday 3 <sup>rd</sup> - Saturday 8 <sup>th</sup> November & Saturday 29 <sup>th</sup> November - Friday 5 <sup>th</sup> December COURSE CODE: 25F	- good availability
<b>January</b>	<b>January 12<sup>th</sup> 2026</b> Monday 12 <sup>th</sup> - Saturday 17 <sup>th</sup> January & Saturday 7 <sup>th</sup> - Friday 13 <sup>th</sup> February COURSE CODE: 26A	- good availability
<b>March</b>	<b>March 16<sup>th</sup> 2026</b> Monday 16 <sup>th</sup> - Saturday 21 <sup>st</sup> March & Saturday 11 <sup>th</sup> - Friday 17 <sup>th</sup> April COURSE CODE: 26B	- good availability

Course availability is correct at the time of printing (August 2025).

You are welcome to check the latest status by calling the Body Control Pilates office on 020 7636 8900.  
All courses are subject to a sufficient level of bookings being received. In the very unlikely event that a course does not run, we will endeavour to give a minimum of 15 working days' notice of cancellation.  
Any fees paid will be refunded or transferred to another course.

## Matwork Teacher Training Course Enrolment Form

Please reserve a place for me on the course specified below. I understand that total fees are £2,600 and that, should I opt for the discounted Advance Payment fee of £2,300, this amount must be paid and cleared at least six weeks before my course start date, unless agreed otherwise. I will pay a £250 Registration Fee immediately upon confirmation of a place and accept that my place is not secured until this is paid. In the event that I cancel my place after payment of the Registration Fee but before the balance of fees is paid, I accept that the sum of £150 shall be deducted from the refund of the Fee to cover administration costs. If I commence a course at a later date this deduction will be credited against my tuition fees. I accept the Terms and Conditions stated in the Schedule of Fees.

NAME ..... MOBILE .....

ADDRESS ..... HOME (IF DIFFERENT) .....

..... EMAIL .....

..... DATE OF BIRTH .....

POST CODE ..... START DATE OF COURSE .....

Do you currently attend classes with a Body Control Pilates teacher? If so, with whom and for how long?

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Please give details of any other Pilates experience:

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Do you hold a Level 3 qualification as a Personal Trainer or similar? If yes, please give details:

.....

Body Control Pilates Academy

35 Little Russell Street, London, WC1A 2HH

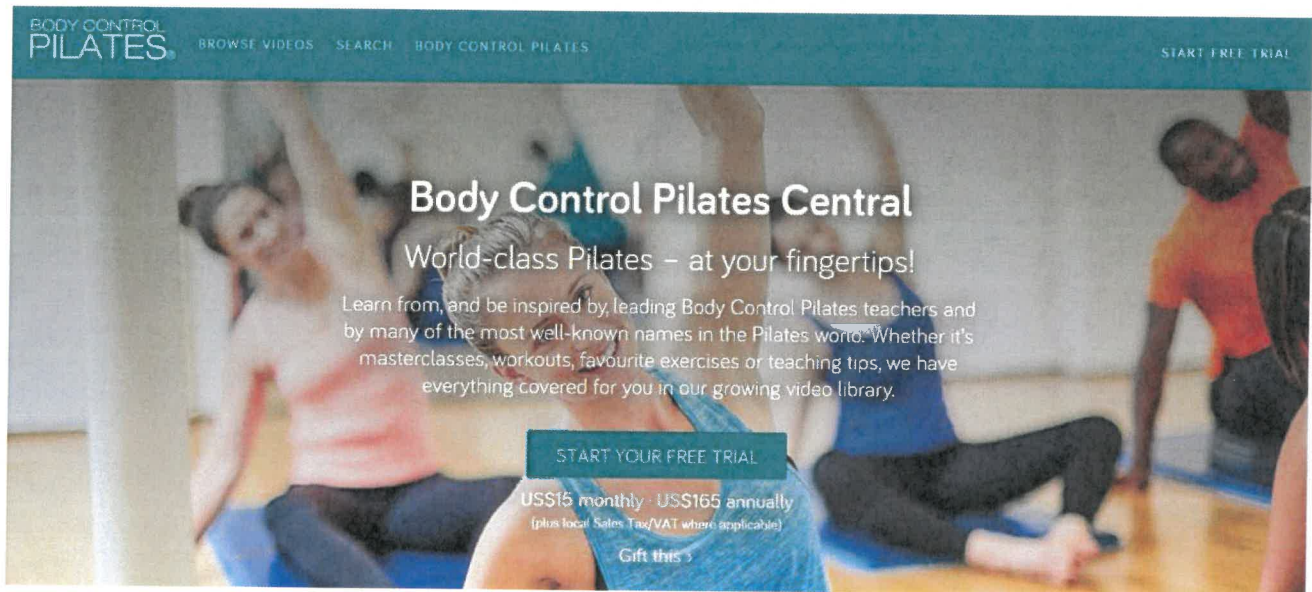
T 020 7636 8900

E [ella.porter@bodycontrolpilates.com](mailto:ella.porter@bodycontrolpilates.com)

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