



Body Control Pilates: Your Pathway to a Comprehensive Studio Certification

Announcing a major new package to help you qualify as a Comprehensive Studio Pilates Teacher – **and save up to £650 on the way!**

Co-founded 30 years ago by Lynne Robinson, Body Control Pilates now offers probably the most comprehensive programme of professional development for Pilates teachers anywhere in the world.

A cornerstone of this is our studio equipment courses across Reformer, Cadillac/Tower, Chair, and Ladder Barrel. New courses are added on a regular basis – most recently our Group Reformer Teaching course and qualification in 2025.

Demand for well-trained Pilates teachers who are qualified in studio equipment, ideally through to Comprehensive level, has never been higher as clients seek out teachers who have a thorough training in the Pilates Method and the knowledge and skills to adapt their teaching to ensure maximum benefit for their clients.

Body Control Pilates is proud to be recognised as one of the leading studio equipment training providers in the UK. The gateway to our programme is either our Reformer 1 course or, if you already hold a recognised Reformer certification from another training provider, our Reformer Bridging course. These courses run on a regular basis. All are held at the Body Control Pilates Centre in Bloomsbury, London, though we do run occasional Reformer courses in other locations, such as Glasgow and Bournemouth.

This package covers the following Body Control Pilates courses and assessments:

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COURSES	DAYS	ASSESSMENTS
Reformer 1	6 tuition days	Reformer Certification
Cadillac 1	2 tuition days	Comprehensive Studio Certification
Cadillac 2	2 tuition days	
Chair 1	2 tuition days	
Ladder Barrel	1 tuition day	

TOTAL COST	
Total course and assessment fees for these:	£3,055
Comprehensive Package price: <i>(when paid in advance, saving over 20% on regular fees.)</i>	£2,400

Buy your Comprehensive Package before November 3rd 2025 and get a bonus credit of £150 to use on follow-up face-to-face and online Reformer workshops to help you prepare for your Reformer assessment, which requires you to teach a session to a beginner and then to an intermediate 'body' (total: two hours).

Certification requires full course attendance and passing required assessments. You must have a Body Control Pilates Reformer certification before taking your Comprehensive Studio assessment (see below).

Already Reformer-qualified? In this case, you can take our Reformer Bridging course (2 tuition days, plus Body Control Pilates Reformer assessment) instead of the Reformer 1 course. With Reformer Bridging, the revised package price drops to **£1,950, saving 15% on regular fees.**

PAYMENT TERMS

The prices shown for each package are based on upfront payment. Please drop an email to Sarah Barger on for more information if needed or to discuss a payment plan based on a higher level of fees.

COURSE NOTES

We provide printed course notes for all courses, and access to streamed exercise videos for Reformer 1 and Reformer Bridging. These are available on your first tuition day.

COURSE DESCRIPTIONS

Please [click here](#) to view our Course Guide. You can find all studio equipment course descriptions on pages 34-40 and information on qualifications on page 41.

NEXT STEPS

If you are interested in purchasing our Comprehensive Studio Package – or if you have any questions that we can help you with – please contact Sarah Barger on at sarah.barger on@bodycontrolpilates.com or by calling on 020 7636 8900.



All courses are SPM-recognised for professional development accreditation.

TERMS AND CONDITIONS

- Package prices must be paid in full before we can book you onto your first course.
- We offer courses on a regular basis. There is no time limit on attending courses or gaining the qualifications covered by these packages. Packages are not transferable in whole or part.
- If you purchase this package and then decide not to go ahead, you will be entitled to a full refund of the amount paid less a £50 administration charge if you notify us in writing at least 28 calendar days ahead of your first planned course.
- Fees paid are non-refundable once you have attended your first course. Please contact us for cancellation terms and conditions.
- This package is not transferable and may only be used for the designated studio courses and assessments.