



## **Body Control Pilates Matwork Bridging Course: Information Pack**

- Are you already teaching Pilates, but wanting to deepen your knowledge and expand your teaching skills?
- Would you like to be able to access more than 50 professional development and certification courses at discounted rates?
- Would you like the reassurance of knowing that your qualification will be recognised when mandated Scopes of Practice and professional recognition for Pilates teachers are expected to be introduced in the coming 12-18 months?
- Would you like to be recognised against the new Society for the Pilates Method (SPM) matwork standard and go onto the SPM's Register of Teachers?

If you have answered 'yes' to any or all of these, then the **Body Control Pilates Matwork Bridging Course** can meet your all of your needs in **one concise course** that builds on the experience you already have as a Pilates teacher. Successfully completing this course means that you will:

- become a certified Body Control Pilates teacher
- join the Body Control Pilates community of over 1,400 Pilates professionals, so that you can then enjoy the unrivalled support and development opportunities that we offer
- be able to join EMD, the UK National Governing Body for our sector, as a professional member. This means that you have everything in place for when more formal professional recognition and published Scopes of Practice are likely to be introduced for Pilates teachers as part of a government-led initiative.

And, depending upon the certification that you already hold, we can offer you accreditation against the new **SPM Matwork standard** upon completing the Matwork Bridging Course, or agree a simple route plan to achieving this if needed. Please contact us for more details.

Should you need a '**Level 3 Pilates**' certificate (this is now only required by a decreasing number of health and fitness clubs), we can arrange this for you through Active IQ. You will need to take a couple of online anatomy exams and complete a worksheet and pay an additional fee of £125.

If you wish to join a course, please return a completed Enrolment Form with your preferred course date. Please note that the course content and structure is geared to, at a minimum, Pilates teachers who hold a current 'Level 3 Pilates' qualification or equivalent. You should also ideally have at least six months' of teaching experience. We are very happy to accept applications from teachers who have gained their teaching certification outside the UK.

Finally, if you have any questions regarding the course, please don't hesitate to give our Education Team a call at the Body Control Pilates office on 020 7636 8900 or, if you prefer, please contact Sarah Barger on by email direct at [sarah.barger@bodycontrolpilates.com](mailto:sarah.barger@bodycontrolpilates.com)

Yours faithfully,

*Leigh Robinson*

**Leigh Robinson**  
Group Managing Director

Please note that **the five days of tuition modules take place online via Zoom**. These will each comprise four hours of live sessions with our tutors. These will be followed up by at least two face to face days at our London Centre – one 'Contact Day' to follow up on the module content and one 'Student Day' for group teaching work.

## The Body Control Pilates Matwork Bridging Course

This benchmark course was created for qualified Pilates teachers who would like to gain a **Body Control Pilates Matwork Certificate**. This enables them to become a registered Body Control Pilates teacher and join the Body Control Pilates Association.

Importantly, we are also now in the early stages of some significant developments within our profession, developments that should lead to better **professional recognition for Pilates teachers** through a national register that will detail the Scopes of Practice that a teacher is qualified against.

Much work is still to be done on this project and more details will emerge during the second half of 2025. It is being led by EMD UK, the UK National Governing Body for our sector. Body Control Pilates, as a Founding Member of the Society for the Pilates Method, will remain closely involved in developments through its leading role in the Society for the Pilates Method (SPM). We will ensure that all of our teaching members can be 'fast tracked' onto any future register and that they will meet all annual requirements to stay on that register.

This Bridging Course has been structured to recognise and build on the skills and knowledge that you already have as a practising Pilates teacher. It is based on our world-renowned Matwork Certification Course and focuses on the specific content and exercises that make the Body Control Pilates approach so distinctive – the range of exercises; the ability to adapt these exercises to the needs of the individual; the breaking down of the classical exercises; the unique teaching approach. You will receive a printed copy of our full matwork teacher training course notes.

### Course Outcomes

Upon gaining your certification, you will be eligible to join the Body Control Pilates Association, which has over 1,300 teaching members and 30 years of experience in supporting and advising its members.

Your first year of membership is free. This entitles you to promote yourself as a certified Body Control Pilates teacher and to gain **access, at discounted rates, to the full programme of more than 50 professional development courses offered by the Body Control Pilates Academy**. You will also have priority access to the numerous workshops and master classes that we offer around the UK, as well as being able to attend our 'Development Weekend' conferences. These typically take place every 18 months and one of the two days is exclusive to Body Control Pilates teachers. The weekend features leading experts from across the world and an unrivalled programme of almost 50 workshops, classes and lectures.

Dependent upon the structure of the certification that you already hold, you will either be automatically recognised against the new standard for matwork set by the SPM or we will agree a simple route plan with you to help achieve this. We will receive input on this from PD:Approval, who provide independent quality assurance to the SPM.



The SPM was formed in 2021 as a not-for-profit body - Body Control Pilates is proud to be one of the three Founders. Its overriding aims are to uphold the quality of Pilates education and teaching in the UK and to provide an inclusive voice for Pilates teachers in the UK and beyond. It has adopted new standards for matwork and studio apparatus, leading to a Comprehensive qualification.

If you do not hold a 'Level 3 Pilates' certificate but feel you may need one to teach in health and fitness clubs, we can organise the required Active IQ assessments for you at a cost of £125. Please contact us if you need more details.

### Who should apply?

This course is geared to Pilates teachers with a Level 3 Pilates qualification or a close equivalent, and with ideally six months' minimum teaching experience. We are very happy to accept applicants who have trained outside the UK. If you are not sure whether your training or teaching experience are sufficient to qualify you for this course, please contact us or feel free to come in and see us at our centre in Bloomsbury, London.

### How is the course structured?

These are the various elements of the Body Control Pilates Matwork Conversion Course:

- Five tuition days (see below for broad content) – these are live online Zoom sessions. We send printed course notes to you about three weeks before your course starts (if applicable, your second fee payment must have been received beforehand).
- A post-tuition 1:1 session with a senior tutor (usually online on Zoom) – this is an opportunity to discuss and agree your next steps and your optimal route plan towards your 'sign-off' assessment. You will also be asked about some of the set exercises.
- Attendance at a minimum of one 'Contact Day' at the Body Control Pilates Centre; then at least one 'Supervised Teaching Workshop' (ideally when final teaching sign-offs are taking place); and then for your own 'final sign-off' session (see below). Attendance at other student workshops is strongly recommended – there are many face to face and online options, details of which will be advised to you.
- A 'Sign-Off Assessment' to be taken when a senior course tutor believes you are ready, and after submission of a series of lesson plans. In this assessment, you will be asked to teach part of a lesson plan to a group of matwork students.
- Completion of two short essays related to Stability/Mobility and Precision of Movement.
- Optional completion of SPM and Active IQ assessment materials, if needed, should you wish to gain the SPM and/or Level 3 Pilates certification (there is an additional cost of £125 if you wish to gain a Level 3 Pilates certification).

## What is covered during the tuition days?

Content covered during the five online tuition modules includes:

- An introduction to Body Control Pilates
- The Pelvis and The Spine
- Breathing and Relaxation
- A review of Core Stability
- The Upper Limb
- The Lower Limb
- Precision of Movement
- Teaching Skills and Client Progression
- The Certification Process

More than 100 matwork exercises are covered or referenced during the course – all are fully detailed in the Exercise Manual that students receive.

## How much does the course cost?

Course fees are **£1,275** if you take advantage of our 'Advance Payment' option, whereby payment is made in full a minimum of six weeks before the first tuition day.

Total course fees otherwise are £1,495. This includes all elements of the course.

To secure your place on a course, a Registration Fee of £250 is payable once we have confirmed an offer to you. This is then deducted from the fees above.

Course fees include your first year's 'Standard Membership' of the Body Control Pilates Association and of the Society for the Pilates Method Register of Teachers (if applicable).

Please refer to the Schedule of Fees and the associated Terms and Conditions.

## When are courses being held?

The next Matwork Bridging Course tuition days are scheduled to take place online as follows (days run online from 10am-12pm and 1.30pm-3.30pm each day; all dates are inclusive):

### October 2026

**Friday October 23<sup>rd</sup> - Sunday October 25<sup>th</sup>  
& Saturday November 7<sup>th</sup> - Sunday November 8<sup>th</sup>**  
**One space left**

### March 2027

**Friday February 26<sup>th</sup> - Sunday February 28<sup>th</sup>  
& Saturday March 13<sup>th</sup> - Sunday March 14<sup>th</sup>**  
**Good availability**



## How long will it take to complete the course?

This is an open-ended course with applicants receiving their final 'sign-off' as soon as they have successfully met all course criteria. Our goal is to help you qualify as quickly as possible after the tuition days, but when this happens depends upon you mastering the key elements of the Body Control Pilates approach and upon passing the sign-off assessment.

## Where do courses take place?

The initial tuition modules currently run online through Zoom. These are live sessions with our tutors and run for typically four hours each day.

The follow-on Contact Day and other 'face to face' days take place at the Body Control Pilates Centre in the heart of London. We are just a stone's throw from the British Museum in Bloomsbury.

## How do I apply?

Please complete the Enrolment Form in this pack (or download it from our website) online and return it ideally by email to [sarah.barger@bodycontrolpilates.com](mailto:sarah.barger@bodycontrolpilates.com)

Please don't hesitate to call us on 020 7636 8900 if you have any questions in connection with your application.

When applying, we ask that you **please include copies of your current Pilates certification**. Thank you.

## Future courses

As mentioned, we offer an unrivalled programme of more than 50 courses for qualified Pilates teachers. Once you become a member of the Body Control Pilates Association all of these are open to you at discounted rates (typically up to 30% lower than the price other teachers pay).

Many Bridging Course graduates plan to join one of our **Back4Good® Low Back Pain** courses as soon as possible; some join our **Reformer 1 (Beginner/intermediate)** course as the start of their journey through the range of studio equipment; others will initially look at our special populations courses, such as **Level 3 Pre- & Postnatal Pilates** or **Level 3 Bone Health (Osteoporosis)**. There is certainly no shortage of choice!

You can find descriptions of all Body Control Pilates courses at [Course-Guide-2026.pdf](http://www.bodycontrolpilates.com) ([www.bodycontrolpilates.com](http://www.bodycontrolpilates.com))

## Schedule of Fees

The total level of fees for the Body Control Pilates Matwork Bridging Course is **£1,495**. If you take advantage of the Advance Payment Scheme, this is reduced to **£1,275**.

These fees include all elements of the course, but please read the Terms and Conditions at the bottom of this page. Fees are payable as follows:

### Registration Fee: £ 250.00

This is payable upon confirmation of your place on a course. Your place is not guaranteed until this payment is made. Please see the Terms and Conditions below.

Thereafter, you may opt for one of the following schemes:

### Advance Payment Scheme

After having paid your Registration Fee, your balance is reduced to **£1,025.00\*** providing that this is made in one payment **a minimum of six weeks** before your course start date. Please allow 5 working days for your payment to be processed and cleared.

\* please note that total fees payable will revert to £1,495 (less Registration Fee) if Advance Payment is not received by the due date.

### Standard Payment Scheme

After having paid your Registration Fee, your balance of **£1,245.00** is payable three weeks before the first tuition day of your course.

Our preferred method of payment is by **BACS bank transfer** to Body Control Pilates Academy – please call us on **020 7636 8900** for details or to pay by card (debit/credit/Amex)

#### Terms and Conditions

- If you wish to take advantage of the Advance Payment Scheme, please tick the box on your Enrolment Form.
- Please see the Enrolment Form for specific refund conditions relating to the Registration Fee.
- Course fees include one of each assessment element. Should you need to retake any of these elements, a 'resit fee' will be charged. Please contact the Body Control Pilates office for details.
- Please note that if you leave the course after commencing (by attending the first tuition day), or if you fail to complete the course, all previously paid fees are non-refundable. This is also the case should you fail to attend the course once confirmation of a place has been given by Body Control Pilates Academy Limited and accepted by the student. In the case of early retirement due to ill health or a significant change of personal circumstances during the tuition modules of the course, a pro-rata refund will be considered, such refund being solely at the discretion of Body Control Pilates Academy Limited and subject to an administration fee.
- If you cancel your place on a course between within three to six weeks of the course start date, we reserve the right to apply a charge of £999. Any refund due will be paid after course notes have been returned. If you cancel less than three weeks (21 days) before start date, fees paid are non-refundable.
- In the unlikely event that Body Control Pilates Academy course management asks a student to leave a course, a consultation process will be initiated. Fees paid to that point in the course are non-refundable.
- Body Control Pilates Academy Limited operates a formal Complaints Procedure in line with Awarding Body (Active IQ) guidelines and with external redress, under which students may seek a hearing if they feel they have been unfairly treated in examinations or assessments.
- If a student has not received certification within 12 months of the commencement of their course, Body Control Pilates Academy Limited reserves the right to change the status of the student to 'Lapsed' unless an extension has been agreed. This means that the student will be deleted from the student mailing list. Body Control Pilates Academy Limited makes every effort to ensure that all students are fully supported through the course.
- Fees for any future courses may be subject to amendment.
- All fee payments are receipted and are exclusive of additional external Awarding Body fees, where relevant.
- Please let the Body Control Pilates office know in advance if pro-forma invoices are required.

## Comments from Matwork Bridging Course Students

The following are unsolicited comments from students who have taken the Matwork Bridging Course (known as the 'Matwork Conversion Course' until June 2024):

*"I wanted to feedback to say how grateful I am to have found your Conversion Course. I've had a bit of a rocky road in my experience as a Level 3 Pilates teacher and before I started my Body Control Pilates training my confidence was at an all time low and I got really anxious teaching my classes. I can't really articulate how much your tutors have helped me and changed my outlook on teaching altogether. When I look back at how I was at the beginning of the year vs how I am now I feel like a different person!"*

*"...an excellent course. I am 'chomping at the bit' to do more with Body Control Pilates."*

*"The course was absolutely amazing, 100x better than any course I have been on with other [trainers]. It has completely changed the way I think about Pilates and the body."*

*"The conversion course transformed my teaching - I have since had the confidence to set up my own studio and so it has also transformed my life - and hopefully that of the people I teach too!"*

*"I thoroughly enjoyed the course and looking forward to becoming a Body Control Pilates teacher!"*

*"Since joining Body Control Pilates through the Conversion Course 3 years ago I have taken my knowledge and teaching to another level and have never been busier. I have found the training to be of an excellent standard and received fantastic support from the Body Control Pilates network of teachers and trainers. I can honestly say that, after 15 years teaching Pilates, training with Body Control Pilates has completely re-ignited my passion for Pilates. Thank you!"*

*"I have NEVER enjoyed a course so much in the 5 years I've been teaching. Everyone was so friendly and approachable, the knowledge was wonderful & I have come away so inspired to train further & learn more ... I don't think I've ever felt this inspired."*

*"I would highly recommend any instructor to sign up for the Conversion Course, having just returned home from the first three days of the course at Body Control Pilates. The fantastic instructors are very supportive and have completely changed my perspective on movement. I am feeling very inspired. Thank you!"*

*"I certified recently with Body Control Pilates after attending their Matwork Conversion course, after been previously trained by 2 other highly regarded Pilates Training Providers. I would recommend this course to everyone..... Their training is second to none and after 12 years of teaching, I have found through their vision, a new love and understanding of Pilates. I have learnt so much more and didn't think it possible! Thank you Body Control Pilates, it's been amazing and I will be back to learn lots more from you all soon."*

*"Every course I have done since qualifying has inspired me further... It is a lifelong learning curve. I always look forward to Body Control Pilates courses!"*

## Matwork Bridging Course Enrolment Form

Please reserve a place for me on the above Body Control Pilates course, start date as specified. I understand that a total fee of £1,495.00 (£1,275 for the Advance Payment option) is payable, as advised in the Schedule of Fees; that a £250.00 Registration Fee is payable immediately upon confirmation of a place; and that my place is not secured until this is paid. In the event that I cancel my reservation after payment of the Registration Fee, I accept that the sum of £150.00 will be deducted from the refund of the Registration Fee to cover administration. If I commence a Matwork Bridging Course at a later date, this deduction will be credited against my first tuition fee payment. I accept the Conditions stated in the Schedule of Fees.

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

ADDRESS ..... EMAIL .....

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DATE OF BIRTH .....

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START DATE OF COURSE .....

POST CODE .....

In what year did you receive your Pilates certificate: .....

Please give details of your Pilates qualification:

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Please give details of other Pilates qualifications that you hold:

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Please turn over to complete the section overleaf



# BODY CONTROL PILATES®

☐ Please tick here if you wish to take advantage of the Advance Payment option

What is your main reason for applying for this Bridging Course?

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Have you already attended any Body Control Pilates courses, workshops or classes? (If yes, please give brief details)

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Please give brief details of any current injuries or of any special education needs that we should be aware of:

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How did you first hear about the Body Control Pilates training courses?

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|--------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Body Control Pilates website  | <input type="checkbox"/> Internet search engine | <input type="checkbox"/> Your (Body Control) Pilates teacher |
| <input type="checkbox"/> From a friend / word of mouth | <input type="checkbox"/> Advertisement          | <input type="checkbox"/> Other                               |

SIGNED IN AGREEMENT .....

DATE .....

Please return your completed and signed form to:

**Body Control Pilates Centre**  
35 Little Russell Street, London WC1A 2HH

or email to [sarah.barger@bodycontrolpilates.com](mailto:sarah.barger@bodycontrolpilates.com)  
All information will be treated in the strictest of confidence.