

Your Reformer Route Planner



Body Control Pilates offers an unrivalled programme of Reformer courses and workshops, designed both to fine tune your teaching skills and to enable you to work safely and effectively with the widest range of clients on the Reformer. With so much on offer, we have created this Route Planner to help you plan your Reformer journey.

The entry course – and the gateway to all of our studio equipment courses – is our **Reformer 1 Beginner/Intermediate** course, comprising six face to face tuition days.

We then have a range of face to face and online workshops to help you prepare for the **teaching assessment** that gives you your certification to be insured to teach on the Reformer. You are given details of these on your last tuition module, and you will then receive emailed updates as new dates are added.

Once qualified, you have a range of options going forward as you perhaps eventually work towards taking the **Reformer 2 Advanced** course.

After your gaining your certification, we strongly recommend the one-day **Reformer Evolution** course as the next step. It's a great way of consolidating and adding variation and creativity to your teaching of the exercises that you covered on Reformer 1.

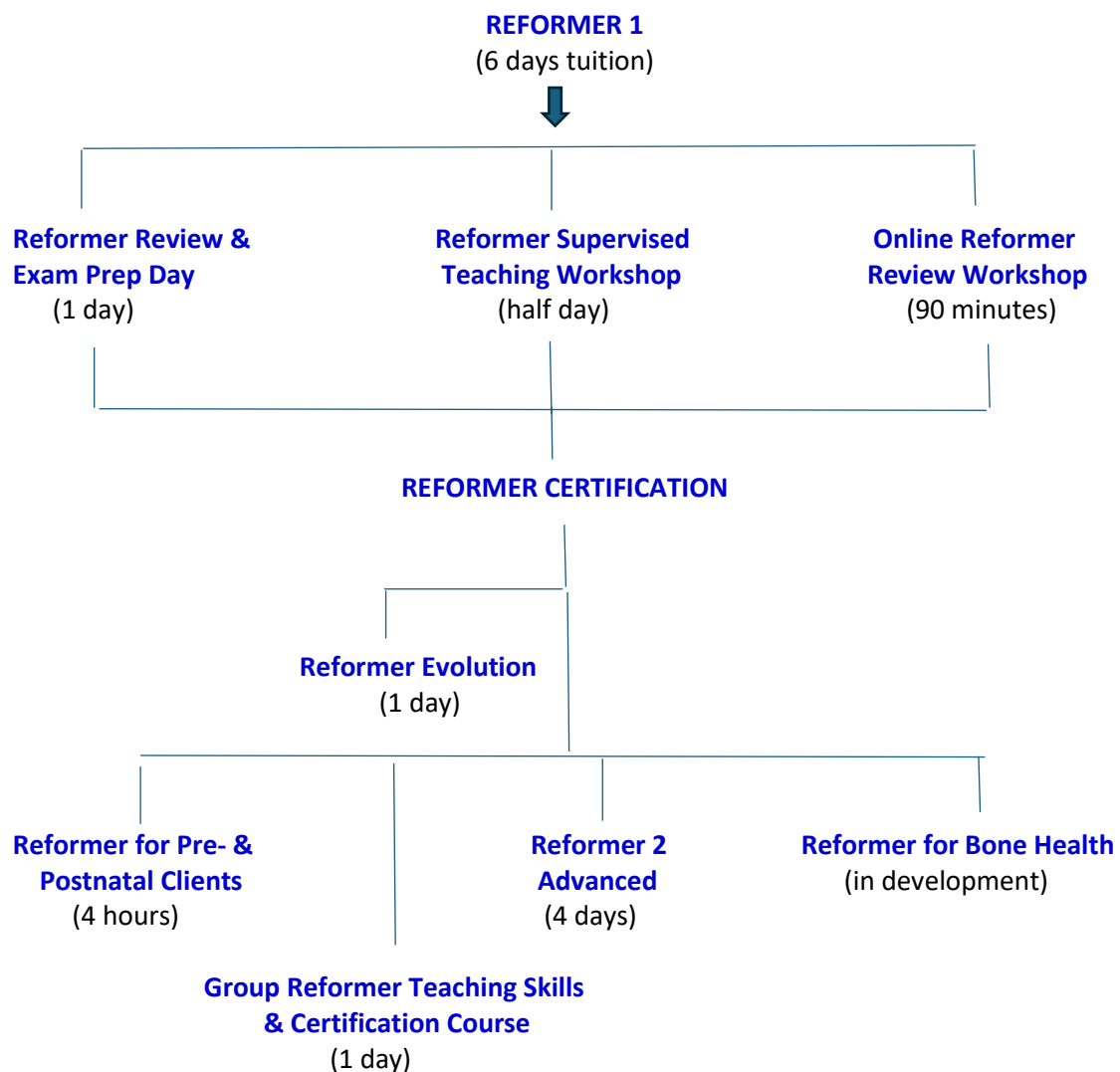
And, if you are pregnancy-qualified and want to bring the Reformer into your work with pre- and postnatal clients, why not consider the online **Reformer for Pre- and Postnatal Clients** short course? This is a great way of adding an additional offering to potential clients. Recognising the benefits that Reformer bring to a range of conditions, we are also developing what will be a one-day **Reformer for Bone Health** course. More news on this shortly!

Reformer 2, covering the advanced exercises, is the final stage of the dedicated Reformer journey that Body Control Pilates offers. It is a four-day face to face course.

If you plan to teach larger groups (up to 10), our **Group Reformer Teaching Skills** course is a one-day course designed to build on your existing skills as a Reformer teacher and to develop your confidence teaching a group of between 5 to 10 clients in a Reformer Class.

Course Route Planner

You can find all relevant course descriptions at the end of this document and in our Course Guide: [Course-Guide-2026-v2.pdf](#)



- Don't forget that we run online (occasionally face to face) Reformer classes for teachers!
- We also offer **Reformer Jumpboard** workshops on a face to face basis.

Already Reformer-Qualified?

If you hold a Reformer certificate from another training provider but now want to gain a Body Control Pilates Reformer certificate, we have the perfect solution! Our two-day **Reformer Bridging Course** covers the key exercises from the Reformer 1 course. You receive the full Reformer 1 course notes and take the Reformer assessment when you are ready – ideally after attending some workshops. You can find a course description below.

Course Schedule and Fees

Go to [Face 2 Face Schedule for BCPA Members – Body Control Pilates](#)

Course Descriptions

[Course-Guide-2026-v2.pdf](#)

Reformer 1 (Beginners & Intermediate)

Face to face

Duration: 6 days

The Reformer is the most popular piece of studio equipment and is usually the first item that teachers choose to train in and purchase. It is not only able to meet the evolving needs of existing clients but can also be instrumental in attracting a new client base.

Whether the objectives are general conditioning, rehabilitation or elite physical performance, the Reformer fits the bill as it enables clients to build strength, increase mobility and so much more. The resistance and framework that it offers gives clients the support and feedback needed to make progressive steps from basic matwork to advanced matwork and beyond. Mind-Body integrity, spinal articulation, precise alignment, muscular endurance and control are just some of the benefits attributed to working with the Reformer.

This course develops the skills needed to work with the Reformer effectively and safely and forms the foundation for all studio equipment training courses in the Body Control Pilates Academy Programme. Attendance on this course is therefore a prerequisite for all other Body Control Pilates Studio Equipment Courses.

The course is run over six days, usually over alternate weekends but we do offer 'intensive' courses several times a year for teachers who may be travelling a long distance. Modules comprise both theory and practical work. Over 75 exercises and variations are covered, delivered with the detail and clarity needed to work with the specific needs of individual clients. The teaching skills developed provide the adeptness and flow needed to teach multiple clients in a dynamic studio environment as well as clients on a one-to-one basis. The course notes include exercise photographs.

After completing the six tuition days, **you will then have access to videos of all the exercises covered on the course.**

After your tuition days we offer a mix of online and face to face workshops to help you progress as you work towards your assessment (please note that for insurance purposes you must have passed your Reformer examination if you want to teach paid clients). You will receive 'Next Steps' information on this on the last tuition day and regular updates thereafter.

We cannot emphasise strongly enough the value of self-practice if you have your own Reformer or have good access to one. Access to supervised teaching is very limited, so we encourage students to familiarise themselves with exercises and teaching guidelines through self-practice as much as possible. We are happy for students to come into the studio at the Body Control Pilates Centre with a fellow student or a non-paying 'body' to practise – this is subject to availability and must be pre-booked.

Whilst it is for you to decide when you feel ready to book your Reformer examination, we do encourage you to seek advice from one of our tutors or senior teachers (often in a 1:1 or supervised teaching workshop) as to whether they feel you are ready. Please note that there is typically a lead time of up to two months when booking Reformer Exam dates.

Reformer Evolution

Face to face

Duration: 1 day

This one-day course is designed to act as a 'bridge' between Reformer 1 (Beginners & Intermediate) and Reformer 2 (Advanced). We will expand on the repertoire covered in Reformer 1 by exploring a range of exercise variations that will challenge the body in a number of different ways. A very practical, highly interactive day awaits with content that you can immediately add in to your own teaching and practice! You will be given a list of exercises covered on the day and **you will then have access to videos of these.**

Entry Requirements: You should hold the Body Control Pilates Reformer certification to attend this course.

Reformer for Pre- & Postnatal Pilates

Face to Face and online

Duration: 4 hours

This practical course (with no assessment) will:

- discuss the benefits of the using the Reformer for the pregnant client
- give a brief review of contraindications and how they must be considered when working on the Reformer
- examine the risks associated with using the Reformer for this client group and what measures can be put in place to control these
- explore what the client needs to work on throughout the pregnancy to prepare for the birth and postnatal period and discuss how the Reformer can help
- cover exercises that will help design a balanced lesson plan on the Reformer for the client in Early Pregnancy and Late Pregnancy

Entry Requirements: This course is only open to BCPA members who are both **Reformer-qualified** and **Pilates for Pregnancy-qualified**.



Reformer for Bone Health

Course in development

Reformer 2 (Advanced)

Face to face

Duration: 4 days

This course builds on the skills and exercise repertoire learned on the Body Control Pilates Reformer 1 course. It covers advanced-level exercises, along with the enhanced teaching and delivery techniques needed to teach the material effectively and appropriately. This course is geared to helping teachers fulfil the needs of their more advanced clients by introducing new, challenging exercises.

The complete classical Reformer repertoire orders are also clarified and consolidated with the introduction of transitions giving teachers the skill set needed to present effective group Reformer classes, as well as enhancing the effectiveness of their one-to-one sessions. The course notes include exercise photographs.

Entry Requirements: Body Control Pilates Reformer 1 Certification

Reformer Bridging Course

Face to face

Duration: 2 days

If you have already trained in studio equipment with another training provider but would like to learn more about the Body Control Pilates approach, then this course is designed specifically for you!

Body Control Pilates offers ten different courses across the range of Pilates studio equipment, at levels from beginners to advanced. Each is specific to a piece of equipment: Reformer, Cadillac, Chair, Barrel. Our equipment training programme can therefore be varied to meet your needs, but the gateway to every course that we offer is our 'Reformer 1' course. This provides the foundation on which all other courses build and it is a mandatory starting point for all equipment training.

We recognise, however, that if you are already a Pilates teacher with a Reformer certification from another training provider, you may not want to take our full six-day 'Reformer 1' course in order to then join our other Body Control Pilates equipment courses.

This is why we have created our two-day Reformer Bridging Course. While focusing on the 'Reformer 1: Beginners & Intermediate' repertoire this course will help you develop the fundamental skills and knowledge we apply across the board in all our studio equipment training courses. When ready, we ask you to pass a two-hour teaching assessment so that you can then enrol for other courses as and when you wish.

This two-day course focuses on the key content of our full Reformer course, with particular attention to the principles and knowledge that set our equipment training apart from other Pilates training organisations. These include understanding spring resistance and load; equipment set-up; lesson planning; client adaptation and progression; communication and teaching skills.

The course is a highly practical introduction to the Body Control Pilates approach to using studio equipment and it covers a wide range of exercises drawn from the 70 exercises that make up the Reformer 1 course. Whilst not all of the Reformer 1 exercises are covered in this Bridging Course, knowledge of the full range of exercises will be required for the examination. It is therefore expected that you will work through ALL the exercises as you prepare to take the exam – we offer separate one-day Reformer Review workshops to help you in this process (**one Review workshop is included in your course fees**). You will receive the full 'Reformer 1' course notes (with exercise photographs) when attending this course. **You will also have access to videos of all the Reformer 1 exercises.**

Entry Requirements:

This course is open to any Pilates teacher holding a Reformer Certification from a recognised training provider. Please note that a Certificate of Attendance is not acceptable for entry to this course. When submitting your Enrolment Form for this course, we ask you to provide a copy of your certification.

Group Reformer Teaching Skills and Certification Course

Face to face

Duration: 1 day

A one-day course focussed on giving you the skills and confidence to teach safe and effective Reformer Group Classes with five or more participants. The course fees include a separate teaching assessment.

This highly interactive and practical course is the first of its kind in offering certification for the delivery of Group Reformer classes that are fully based on the principles of the Pilates Method, as opposed to the large 'Group Reformer' classes that are widely available.

Designed to build on your existing skills as a Reformer teacher and to develop your confidence teaching a group of between 5 to 10 clients in a Reformer Class, it will:

- explore ways of employing creative verbal cueing to assist your clients in working safely and efficiently.
- discuss and explore how to build clients confidence in movement with the help of the Reformer
- look at sequencing and transitions between exercises with different levels being taken into account. *Please note that this course will use exercises drawn from the Reformer course, so please bring the Reformer 1 Manual with you on the day.*

The ultimate aim of this course is to enhance your skills as a Reformer Teacher ensuring that you feel confident to teach a fun and dynamic group Reformer class whilst still working to the all-important Body Control Pilates principles – and making sure everyone stays safe on the Reformer!

Your 'Group Reformer Teaching Certificate' will meet the requirements of the 'Pilates Method Group Reformer' Scope of Practice being drawn up by the Society for the Pilates Method (SPM). The SPM is the lead Pilates Partner for EMD UK for the 'Uniting the Movement' initiative being driven by Sport England.

The related assessment will require you to demonstrate the skills outlined above when teaching a Beginner/Intermediate Group Reformer class. You will be required to teach a section of a class. You can plan a guideline for this in advance and there will be time to discuss this with your assessor on the day.

Entry Requirements:

You must hold a Body Control Pilates Reformer certification.

