BODY CONTROL PILATES®

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 1,300 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 If you prefer, we are also very happy to set up a Zoom chat with you.

Yours faithfully,

Leigh Robinson
Managing Director

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BODY CONTROL PILATES®

Matwork Teacher Training:

The 10 most-asked questions – answered!

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), 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

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:

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. 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 consecutive days or spread them across weekends. Whatever works best for you is fine with us!

QUESTION 7:

When it comes to supervised teaching, do I have to find my own teachers to work with and also have to pay them?

No and no. we give you the contact details for all supervising teachers so that you can contact your nearest teachers direct. We update our contact list 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

More information?

Please contact:

Ella Porter – *Education Manager*
ella.porter@bodycontrolpilates.com

Leigh Robinson – *Director*
leigh@bodycontrolpilates.com

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BODY CONTROL PILATES®

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.

BODY CONTROL PILATES® CERTIFIED TEACHER

THE SOCIETY FOR THE PILATES METHOD Accredited Training Provider

SPM THE SOCIETY FOR THE PILATES METHOD

PD:Approval quality recognition

BODY CONTROL PILATES®

Teacher Training Course Dates to January 2027

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:

September	**September 5th 2026** COURSE CODE: 26.4	**- fully booked**
October	**October 3rd 2026** COURSE CODE: 26.5	**- fully booked**
November	**November 14th 2026** COURSE CODE: 26.6	**- good availability**
January	**January 9th 2027** COURSE CODE: 27.1	**- good availability**

'Intensive' course tuition dates:

August	**August 3rd 2026** Monday 3rd - Saturday 8th August & Saturday 22nd - Friday 28th August COURSE CODE: 26E	**- fully booked**
September	**September 14th 2026** Monday 14th - Saturday 19th September & Saturday 10th - Friday 16th October COURSE CODE: 26F	**- fully booked**
November	**November 2nd 2026** Monday 2nd - Saturday 7th November & Saturday 28th November- Friday 4th December COURSE CODE: 26G	**- three spaces left**
January	**January 11th 2027** Monday 11th - Saturday 16th January & Saturday 6th February - Friday 12th February COURSE CODE: 27A	**- good availability**

Course availability is correct at the time of printing.
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 extremely 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.

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'Extended' Course Tuition Dates

Tuition days take place online via Zoom tutorials and comprise up to four hours of live tutorials on each of the dates below – typically 10am-12pm and 1pm-3pm. The first tuition day on the courses below runs from 10am-1.30pm and the last tuition day runs from 10am-12.30pm.

Ideally you are able to attend all of the planned Tuition Dates for your course but, if there is one particular date when you cannot attend, we will happily give you a 'catch up' option by sitting in on another course for that module.

You will be given various weekday and weekend options for the initial four Contact Days that follow on – these typically run from 10am-3pm or 10.30am-3.30pm with short breaks.

Course 26.4
Saturday September 5th 2026
Sunday September 6th 2026
Saturday September 19th 2026
Sunday September 20th 2026
Saturday October 3rd 2026
Sunday October 4th 2026
Friday October 16th 2026
Saturday October 17th 2026
Sunday October 18th 2026
Saturday October 31st 2026
Sunday November 1st 2026
Saturday November 14th 2026
Sunday November 15th 2026

Course 26.5
Saturday October 3rd 2026
Sunday October 4th 2026
Saturday October 17th 2026
Sunday October 18th 2026
Saturday October 31st 2026
Sunday November 1st 2026
Friday November 13th 2026
Saturday November 14th 2026
Sunday November 15th 2026
Saturday November 28th 2026
Sunday November 29th 2026
Saturday December 12th 2026
Sunday December 13th 2026

Course 26.6
Saturday November 14th 2026
Sunday November 15th 2026
Saturday November 28th 2026
Sunday November 29th 2026
Saturday December 5th 2026
Sunday December 6th 2026
Friday January 8th 2027
Saturday January 9th 2027
Sunday January 10th 2027
Saturday January 23rd 2027
Sunday January 24th 2027
Saturday February 6th 2027
Sunday February 7th 2027

This course runs on consecutive weekends late November/early December

Course 27.1
Saturday January 9th 2027
Sunday January 10th 2027
Saturday January 23rd 2027
Sunday January 24th 2027
Saturday February 6th 2027
Sunday February 7th 2027
Friday February 19th 2027
Saturday February 20th 2027
Sunday February 21st 2027
Saturday March 6th 2027
Sunday March 7th 2027
Saturday March 20th 2027
Sunday March 21st 2027

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What is covered during the tuition days?

The 13 tuition days on your course are broken down into the following modules:

- **Introductory Module, including joints and planes of movement**
- **Pelvis and Spine**
- **Breathing and Relaxation**
- **Stability (Centring)**
- **Shoulder Girdle**
- **Hip and Knee**
- **Ankles, Feet, Wrists, Hands**
- **Anatomy Review Day**
- **Classical Pilates**
- **Precision of Movement**
- **Client Enrolment and Assessment**
- **Lesson Plans and Teaching Skills**
- **Last Day Module, completing the course, teaching a class**

These will take place on Zoom with typically four hours of live tutorials each day.

There will then be five 'face to face' Contact Days at the Body Control Pilates Centre, focusing mainly as follows:

Day 1: Teaching Cycle & Teaching Skills. Review of Pelvis and Spine exercises
Day 2: Review of exercises from the Breathing and Relaxation and Stability modules
Day 3: Upper and Lower Limb
Day 4: Group Teaching Work
and
Day 5: 1:1 Teaching Work (1:1s are sessions where you just teach one person)

You will be given a range of date options for the first four Contact Days. They typically run from 10am-3pm or 10.30am-3.30pm on weekdays or weekends. Day 5 comes a little later in your course.

These are followed by your supervised teaching period (developing your teaching skills); working towards your anatomy examination; and completing self-study work on Pilates theory and on related topics.

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Schedule of Fees

Fees include the following elements of the course: online tuition modules, Contact Days, course materials, assessments, supervised teaching with our teacher network, Awarding Body registration.

They also include your first year's membership of **The Body Control Pilates Association** (normally up to £160) and of the **Society for the Pilates Method Register of Teachers** (normally £35).

We ask initially for payment of a **£250 Registration Fee** in order for your place to be confirmed. Your place is not guaranteed until this payment is received.

The total level of fees is **£2,950** but you can **save £450** under the **Advanced Payment Scheme**, when payment is made in full a minimum of six weeks before your course start date. This saves 15% and brings the total fees down to **£2,500** (inclusive the £250 Registration Fee).

Paying by instalments

We are very happy to discuss **payment by instalments**. The total level of fees for your instalment plan will be £2,950.

After payment of the Registration Fee, we ask that a minimum of **£850** is paid at least four weeks before your course start date. The balance can then be paid in instalments – see below.

So, what do I pay when?

Once we have offered you a place, the first payment you make is the **£250 Registration Fee**. Thereafter:

Advance Payment Scheme

After having paid your Registration Fee, the balance payable is **£2,250**.

This should be cleared **a minimum of six weeks** before your course start date – we will let you know the payment deadline for your particular course.

Instalment Plan Scheme

After having paid your Registration Fee, the balance payable is **£2,700**.

At least **£850** of this should be paid a minimum of four weeks before your course start date as this enables us to post your package of course notes to you in good time for your start date.

The remaining balance may then be paid in four equal monthly instalments.

If you would like to extend this over a longer period, please contact Ella Porter. We'll be happy to help.

Please note that you cannot receive your certification until course fees have been paid in full.

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Schedule of Fees (cont.)

Additional Information

We also have a number of optional student workshops and classes that we offer online and face to face in London. These are particularly designed to help you progress through your supervised teaching period and complement any work you do with supervising teachers. There is a small charge for these (typically £20-30). As part of our fees package, we are pleased to offer you a **credit of £150** that can be used towards these.

As you come to the end of the course, should you wish to apply for a '**Level 3 Pilates**' certificate in addition to the Body Control Pilates and Society for the Pilates Method certificates that you receive, there is **an additional charge of £125**.
This covers registration and certification costs with **Active IQ**, our Awarding Organisation for Level 3 Pilates. You can only receive a Level 3 Pilates certificate after successfully completing your Body Control Pilates course, being registered with Active IQ, and passing two anatomy assessments on their e-learning platform.

BODY CONTROL PILATES®

Terms and Conditions

BCPAL refers to the Body Control Pilates Academy Limited.

- If you wish to take advantage of the Advance Payment option, please tick the box on your Enrolment Form or let us know. If you opt for Advance Payment and this is not paid by the due date, we reserve the right to revert to the standard level of fees (£2,600 or £2,950 in total, dependent upon date of booking).
- Please see the Enrolment Form for specific refund conditions relating to the Registration Fee.
- Course fees include one Practical Assessment, one set of written anatomy examinations, two essay submissions, and one 'Sign-Off Class' at the Body Control Pilates Centre in London. Should you need to retake any of these elements, a 'resit fee' may be charged. Please contact the Body Control Pilates office for details.
- Whilst the five Contact Days are included within your course fees, should you fail to attend a booked Contact Day without notice, you will automatically be charged a 'no show fee' of £25. This will be deducted from any available student credit that you have or, should there be insufficient credit remaining, you will be asked to pay this charge.
- Practical Assessments can be taken online or face to face. If it is agreed that a student takes a face to face Practical Assessment at a location other than the Body Control Pilates Centre, a fee may be charged.
- If you have a valid reason for requesting that the anatomy examinations are taken orally, there will be no additional charge.
- If you cancel your place within four calendar weeks of the course start date, we will apply a charge of £1000 or the full amount that you have paid, if lower. However, if you cancel 21 calendar days or less before the course start date, fees paid are wholly non-refundable. BCPAL will consider, fully at their discretion, transferring your payments to a future course.
- Please note that if you leave the course after commencing (by attending all or part of 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 a place has been allocated and payment received by BCPAL. 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 BCPAL and subject to an administration fee.
- In the unlikely event that BCPAL 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.
- By enrolling for this course, a student agrees not to teach any Pilates classes on a paid basis or to members of the public before gaining their certification, unless they hold a prior Pilates teaching qualification. Students will be asked to leave the course if they breach this agreement. No refund shall be given in these circumstances.
- BCPAL operates a formal Complaints Procedure, 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 two years of the commencement of their course, BCPAL reserves the right to mark the student as 'lapsed' and to remove their name from the register of current students. BCPAL makes every effort to ensure that all students are fully supported through the course.
- Should you not complete the course but request to do again at a future date, an additional charge may be applied by BCPAL at their discretion in consideration of the period of time that has elapsed.
- Fees for any future courses may be subject to amendment.
- All fee payments are receipted and are inclusive of Awarding Body fees. If you request a Level 3 Pilates certificate, an additional £125 charge is payable.
- Please let the Body Control Pilates office know in advance if pro-forma invoices are required.

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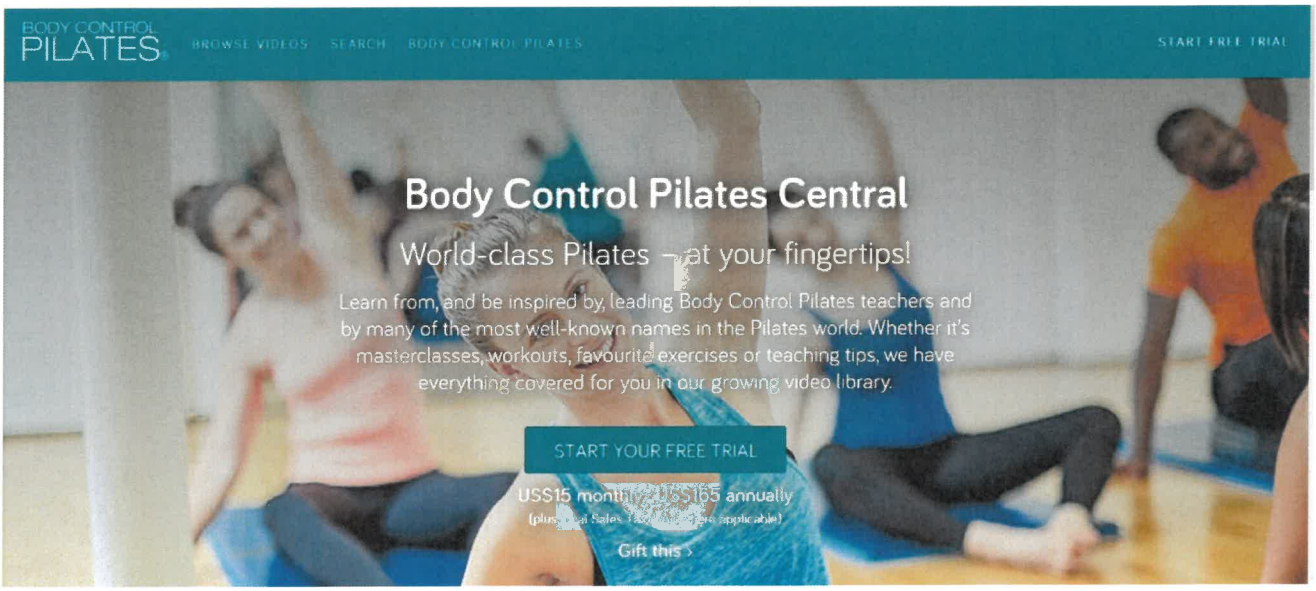
What do your course fees include?

The fees that you pay for this course include:

- **13 tuition modules** (online) **and five face-to-face 'Contact Days'**
- **All course materials** (printed notes posted to you ahead of the first tuition day)
- **All written and practical assessments**
- **All 'Supervised Teaching' work with our designated network of teachers**
- **A credit of £150 that may be used for online student classes and for any online or face to face student workshops – more details will be given to you during your course. Please note that, upon qualification, any remaining credit is cancelled.**
- **Registration and Certification Fees with our external Awarding Body**
- **Your pre-course pack, including Lynne Robinson's 'The Pilates Bible'**
- **Unrivalled support, both during your course and after you qualify**
- **Three months' complimentary subscription to Body Control Pilates Central, our online resource for masterclasses, workouts and more**
- **And, when qualified:**
    - **your first year's membership of the Body Control Pilates Association, one of the world's largest and most respected Pilates bodies with more than 1,300 members (value £160, excludes insurance).**
    - **first-year membership of the Society for the Pilates Method Register of Teachers (value £35)**

Body Control Pilates Central - 700+ exclusive videos from over 70 presenters!



THE online destination for Pilates masterclasses, workouts, exercise tips and more....

Monthly and annual subscriptions available at https://bodycontrolpilatescentral.vhx.tv

We offer you 3 months' free subscription when you sign up as a student to help you prepare for your course.

Available on Android and Apple apps and Apple TV!

BODY CONTROL
PILATES®

Matwork Teacher Training Course

Enrolment Form

Please reserve a place for me on the course specified below. I understand that total fees are £2,950 and that, should I opt for the discounted Advance Payment fee of £2,500, 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 .....

ADDRESS .....

.....

.....

.....

POST CODE .....

MOBILE .....

HOME (IF DIFFERENT) .....

EMAIL .....

DATE OF BIRTH .....

START DATE OF COURSE .....

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

.....

.....

.....

Please give details of any other Pilates experience:

.....

.....

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

.....

Please turn over to complete the section overleaf

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

T 020 7636 8900
E ella.porter@bodycontrolpilates.com

W bodycontrolpilates.com

BODY CONTROL
PILATES®

Please give details of other qualifications or relevant experience:

.....

.....

.....

Please list any injuries or health problems (particularly related to neck, back, and spine) that you have, or have had, that we should be aware of:

.....

.....

.....

Please let us know if you have any additional learning needs that we need to accommodate?

.....

.....

.....

What is your main reason for training to be a Body Control Pilates teacher?

.....

.....

Do you have any other comments?

.....

.....

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

- ☐ Body Control Pilates website
- ☐ Internet search engine
- ☐ Your (Body Control) Pilates teacher
- ☐ From a friend / word of mouth
- ☐ Advertisement
- ☐ Other

SIGNED IN AGREEMENT ..... DATE .....

Please return your completed and signed form to:

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

or scan and email to ella.porter@bodycontrolpilates.com
All information will be treated in the strictest of confidence.