

Six day module for Instructors with Level 2 Certificate in Pilates or equivalent and at least two years fitness teaching experience. The Course will further your knowledge and enable you to work with groups and individuals.

The course covers Level 3 Theory: Day One, Two & Three

You do not need to attend these if you have already passed the Level Three Theory

- Advanced theory knowledge and practical application
- Goal setting and behaviour change



The course covers Practical, Planning and Teaching: Day Four, Five & Six

- Modern approaches to the original Pilates exercises
- Postural assessment and suitable exercises
- Planning and progressing Pilates Classes
- Advanced teaching skills

The cost of the course includes assessment. This consists of a level 3 theory paper, set and marked by CYQ (three day Advanced Theory and six day Combined Course only), a practical assessment, case studies, progressive programme & viva. Registration and certification with CYQ is also included in the cost of the course.

Terms and Conditions of Booking

Please read before signing the application form.

Acceptance on modules does not mean Fitness Wales acknowledges an applicant's prior qualifications to be NVQ equivalent.

At the beginning of the training you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Written notification is required for all cancellations and transfers.

Membership fees are non-refundable. Course fees are refundable up to 28 days prior to the commencement of the module less a £10 admin fee. However if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note, this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.

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