The Fit Co.

YMCA Awards Level 3 Diploma in Instructing Pilates Matwork

Become an Elite, Confident Pilates Teacher

STRONGER
MOVEMENT
BRIGHTER
PEOPLE



CIMSPA ENDORSED

VMCA AWARDS

Ofqual REGULATED

INSURANCE ELIGIBILITY

A recognised qualification. Expert teaching. A confident next step.

The Fit Co.

Learn from master architects of fitness education

Industry leaders, textbook authors, teacher educators and quality inspectors

Up to 35 years of vocational industry mastery

Practical knowledge for confident, capable teaching.



EXPERT PEOPLE
REAL EXPERIENCE
BRIGHTER FUTURES

How You Will Learn

A supportive, flexible route to becoming an exceptional Pilates teacher

LEARN
PRACTISE
TEACH
BELONG



A half-day face-to-face induction

Start your journey in person, meet your tutors and fellow students, and set you up for success.

8 intensive studio weekends

Hands-on learning in our professional studio with expert tutors.

1:3 live midweek Zoom sessions

Interactive evening sessions to deepen your knowledge and ask questions in real time.

Flipped learning

Engage with online materials before live sessions so you can make the most of your time with tutors.

Two Pilates classes each week

Develop your own practice and experience a range of teaching styles.

Practice, feedback and support throughout.

Progressive teaching practice, regular drop-in support and a final assessment weekend.

The power of the cohort

Challenging, supportive and serious fun

Work hard, grow your confidence, and find your teaching voice.

MOVEMENT
CONNECTION
CONFIDENCE
COMMUNITY



You will work hard, you will be stretched, and you will learn more than you ever thought possible—but you will have an absolute blast doing it.

Ready to take the next step?

YOUR PILATES TEACHING JOURNEY STARTS HERE

- Course starts January 2027
- Bonus induction day: end of November
- Early bird offers available before 20 November
- Unit 12, St Martins Way, Chester, CH1 2DT
- reformer@thefitcollectiveltld.co.uk
- WhatsApp 07718332429



EXPERT TEACHING. A CONFIDENT NEXT STEP.

Enrolment & Fees

Your next step to a rewarding career in Pilates starts here.



How to Apply

1. **Complete the enrolment form**
2. **Prepare your ID (Copy of driving licence/pasport)**
3. **Submit your application**

Choose your payment option.

Member Prices

	Pay in Full	Instalments
Early-Bird Price (Limited Time)	£1,670	£470 + £400 × 3 (Total £1,670)
	PAY NOW	PAY NOW
Standard Price	£1,770	£570 + £400 × 3 (Total £1,770)
	PAY NOW	PAY NOW

Non-Member Prices

NON-MEMBERS

	Pay in Full	Instalments
Early-Bird Price (Limited Time)	£1,770	£570 + £400 × 3 (Total £1,770)
	PAY NOW	PAY NOW
Standard Price	£1870	£670 + £400 × 3 (Total £1,870)
	PAY NOW	PAY NOW

Invest in yourself.

Gain the skills, confidence and qualifications to make a real difference.

Course Overview

QUALIFICATION RECOGNITION AND VALIDITY

CIMSPA endorsement.
YMCA Awards.
Ofqual regulation.
Qualification number 610/4340/0.
Insurance eligibility.
Progression to Level 3 Reformer Pilates.

HYBRID LEARNING STRUCTURE

Induction.
Eight studio weekends.
Thirteen live Zoom sessions.
Flipped learning.
Two weekly Pilates classes.
Drop-in support.
Teaching practice.
Final assessment weekend.

TUTOR EXPERTISE

Learn from experienced Pilates professionals with real-world teaching experience.

Benefit from high-quality tuition, practical insights and ongoing guidance throughout your learning journey.

COHORT SUPPORT AND COURSE EXPERIENCE

Join a supportive community of like-minded learners.

Share the journey, build confidence and develop your teaching skills in an encouraging environment.



START DATE AND CONTACT

Course starts January 2027
with a November induction.

reformer@thefitcollectiveltd.co.uk
07718332429

STRONGER
MOVEMENT
BRIGHTER
PEOPLE

Enrolment Form

Please complete all relevant sections to enrol on the course.



Personal Details

Full name

Date of birth

Address

Postcode

Phone number

Email address

Background and Ethnicity

We welcome students from all backgrounds. This information helps us understand and support our community.

Ethnicity (optional)

☐ Prefer not to say

Education

Please list your previous education or qualifications (e.g. school, college, university, or other relevant training). Please provide the highest level of qualification you have achieved.

GCSE English and Maths

Please indicate your current status and, if applicable, provide your grades.

English

☐ Yes ☐ No ☐ In progress

Grade (if applicable)

Maths

☐ Yes ☐ No ☐ In progress

Grade (if applicable)

Enrolment Form

Please complete the following information to support your enrolment in the Pilates course.

LEARNING NEEDS

Do you have any learning needs or support requirements? ☐ **Yes** ☐ **No**

If yes, please provide details below:

DECLARATION AND SIGNATURE

I confirm that the information supplied is accurate to the best of my knowledge and I understand that providing false information may affect my enrolment.

Student signature

Date



A more inclusive learning experience

We are committed to providing a supportive and welcoming environment for all students. If you have any questions about learning support, please let us know.

MOVE LEARN TEACH BELONG

Terms and Conditions

By signing below, you confirm that you have read, understood and agree to the following terms and conditions.

TERMS AND CONDITIONS

1. No refunds will be made in part or in full.
2. If instalments are not paid on time, attendance and access to the programme will be restricted.
3. The learner is responsible for completing the learning. If evidence shows that the learner has not attended enough learning activity, we may not enter them for assessment.
4. Reassessment fees will apply if the learner does not attend arranged assessment dates.
5. All participants exercise at their own risk.
6. Learners must inform us of any physical or learning needs before the course commences.
7. All learners must complete the attached physical activity readiness questionnaire before the course commences.

DECLARATION AND SIGNATURE

Learner name	Learner signature	Date



A healthier, brighter you

We're here to support you on your learning journey. By agreeing to these terms, you help us create a safe, fair and positive experience for everyone.

MOVE LEARN TEACH BELONG

Physical Activity Readiness Questionnaire (PAR-Q)

Please answer each question honestly. If you answer Yes to any question, provide further information and seek appropriate medical advice before starting physical activity.

QUESTIONS

1.	Has your doctor ever said that you have a heart condition or that you should only do physical activity recommended by a doctor?	☐ Yes	☐ No
2.	Do you feel pain in your chest when you do physical activity?	☐ Yes	☐ No
3.	In the past month, have you had chest pain when you were not doing physical activity?	☐ Yes	☐ No
4.	Do you lose your balance because of dizziness or ever lose consciousness?	☐ Yes	☐ No
5.	Do you have a bone or joint problem that could be made worse by a change in your physical activity?	☐ Yes	☐ No
6.	Is your doctor currently prescribing medication for your blood pressure or a heart condition?	☐ Yes	☐ No
7.	Do you know of any other reason why you should not do physical activity?	☐ Yes	☐ No

If you answered Yes, please give details:

DECLARATION AND SIGNATURE

I have answered these questions to the best of my knowledge and will inform the course provider of any change to my health.

Learner name	Learner signature	Date



Move towards a healthier you

Being active can have a positive impact on both your physical and mental wellbeing. If you have any concerns about your health or fitness, please seek professional medical advice before taking part.

MOVE LEARN TEACH BELONG