



MAT PILATES LEVEL 3 DIPLOMA 2024



CIMSPA
Endorsed

**Professional
Standards**

WHO WE ARE

THE ACADEMY TEAM

AMANDA

Amanda brings her wealth of knowledge from Brazil to London. She has been working privately with long term high profile clients for over a decade and appearing at Pilates studios all over London, promoting wellbeing, injury prevention and health advice to change how people perceive health. With a physiotherapy degree & numerous Pilates courses completed with classical Pilates training at her core.

DEMI

Demi trained professionally as a dancer. Coming from a personal struggle with a knee injury, Demi turned to Pilates to keep her strong and shares her learnings giving exceptional technique and rehabilitation through the power of structured movement. A class with Demi is enchanting, sequenced, fun and effective.

MIRIAM

Miriam has enjoyed a long career as professional dancer having trained at Elmhurst Ballet School. Since retiring from dance, Miriam trained with The Body Control Pilates Association, allowing her to open her own Pilates business.

She now has more than fifteen years of experience, working with a diverse range of clients. Miriam has also completed a degree in psychology, to specialise in sport psychology.



VICTORIA

Victoria is a certified Master Trainer (eRYT500), and continued education provider (YACEP / ACTIVE IQ) and has been in the wellness industry for nearly 2 decades, teaching clients how to improve their health with programs customised to their lifestyle.

She has tutored more than 8000 people and shares her understanding of Pilates, Yoga and Mindfulness. Her passion is teaching and sharing with others to help make the world a better place.



CAROLINE

Caroline has had a passion for dance and movement since childhood. Having previously worked in law, she took a complete U turn at 27, and decided to peruse her original passion and retrain as a Pilates Teacher. A couple of years later she embarked on an adventure to India to train as a Yoga Teacher with Yoga Alliance, and then on to train with Birthlight as a Prenatal Yoga Teacher. Caroline has ran many Pilates Teacher Training programmes and workshops, having trained Pilates Teachers from all over the UK.



HOW WE SUPPORT YOU



SUPPORT NETWORK

Get to know your Academy leaders and make use of their vast knowledge!

Throughout the course you will be able to reach out via Teams to ask questions and share knowledge together

You will be welcomed to attend X-Club classes (where space allows) to experience our method and learn from the best.

You'll receive a training manual for your study and guidelines for all your practical exams and coursework.

THE PROCESS

- / Apply for our Academy
- / Book a Course information call
- / Send through your ID & Qualifications
- / Pay your course fee £1549
- / Book your course dates
- / Complete pre-reading
- / Attend our in person 7 day course
- / Submit your lesson plan/s
- / Book your practical exam/s
- / Submit all your hour logs
- / Attend the Practical exam in person or online
- / Receive your certification on passing
- / If you had a lovely time, please leave us a review!
- / Stay in touch!



OVERVIEW OF TRAINING

PRE-READING

DAY 1

WELCOME & DOCUMENTATION

INTRODUCTION TO PILATES AND ITS HISTORY

THE PILATES PRINCIPLES

ANATOMY 1

CLIENT DATA

BREATHING

THE CORE EXERCISES (PRACTICAL)

ASSESSMENTS

END OF DAY QUIZ
(70% PASS RATE)

DAY 2

ANATOMY PART 2

MOBILISATION

EXERCISES BREAKDOWN

PARTNER WORK

HOMEWORK

PREPARE A 5 MINUTE WARM UP

DAY 3

ANATOMY 3

CUEING & COMMUNICATION

PROGRESSIONS, REGRESSIONS, MODIFICATIONS

PLANNING FOR BEGINNERS

PARTNER WORK

HOMEWORK

PLAN A 5 MINUTE PHRASE

DAY 4

ANATOMY 4

FUNDAMENTAL EXERCISES (PHASE 2)

INTERMEDIATE EXERCISES

CLASS DEMONSTRATIONS

HOMEWORK

**READ THE PRINCIPLE OF EXERCISE & FITNESS MODULE
START WORK YOUR CLASS PROGRAM**

DAY 5

LEARNER ASSESSMENT PLAN

TEACHING PHASE 1 / 2 / 3

CLASS DEMONSTRATIONS

DAY 6

ANATOMY RECAPPING

TEACHING PRACTICE

GROUP TEACHING (PHASE 1 / 2 3)

RECAP OF THE PILATES PRINCIPLES

HOMEWORK

PLAN A 5 MINUTE PHRASE

DAY 7

PRACTICAL ASSESSMENT DAY

PLANNING SELF LEARNING AND REMOTE ASSESSMENTS

END OF PRACTICAL DAYS

**SELF STUDY & COMPLETING THE COURSE
OUTSIDE OF THE PRACTICAL DAYS**

ASSESSMENTS & SUBMISSIONS

COURSEWORK/PROJECT

MULTIPLE CHOICE EXAMINATION

PORTFOLIO OF EVIDENCE

INCLUDED IN YOUR COURSE PRICE

- / Access to support through Teachables for ad hoc questions and call slots with academy instructors
- / A complimentary 3-month membership to X-Club Westbourne Grove to experience the classes first hand.
- / The Training Manual
- / A Certificate upon passing your training to share with insurance companies and future employers

OPTIONAL EXTRAS

- / For those who would like some extra time with an Academy Trainer we offer 1:1 sessions (£90 per hour or £850 for 10 sessions). You can use this time to work on any of the course material or practically on the movement material. This can be before or after the practical days.
- / Following the completion of your course you will be offered recommendations of insurances that will allow you to begin teaching





GET IN TOUCH WITH YOUR
ACADEMY TEAM WITH ANY
QUESTIONS

TEAGAN@XCLUBS.CO.UK

