



REFORMER TRAINING 2024

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.

CAROLYN

Carolyn has over 20 years experience working as a Physiotherapist and Pilates Clinical Specialist both in the NHS, Rambert Dance Company, Central School of Ballet and private practices. Carolyn has worked for many years as a Pilates Tutor & Assessor and believes that everyone can benefit from Pilates and that it is an investment in our health.



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 is now studying for a degree in psychology, to specialise in sport psychology, as she recognises the vital connection between mind and body.



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 Level 3 qualifications
- / Pay your course fee £1299
- / Book your course dates
- / Complete pre-reading
- / Attend our in person 6 day course
- / Submit your lesson plan
- / Book your practical exam/s
- / Submit all your hour logs
- / Attend the Practical exam/s 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

ACCESS TO THE ONLINE LEARNING PLATFORM

DAY 1

INTRODUCTION TO PILATES AND ITS HISTORY

ANATOMY 1 - BIOMECHANICS

OVERVIEW OF CLASS PLANNING

POSTURAL ANALYSIS

THE REFORMER, EQUIPMENT & MAINTENANCE

14 BEGINNERS EXERCISES & MODIFICATIONS

DAY 2

ANATOMY PART 2 - POSTURAL & LOWER LIMBS &
COMMON INJURIES

INTRODUCTION TO INSTRUCTING SKILLS

14 FURTHER BEGINNERS EXERCISES & MODIFICATIONS

DAY 3

ANATOMY 3 - UPPER BODY & COMMON INJURIES

INSTRUCTING SKILLS PART 2

24 INTERMEDIATE EXERCISES & MODIFICATIONS

ASSESSMENTS

**CUEING DEMONSTRATION
END OF DAY QUIZ
(70% PASS RATE)**

HOMEWORK

**PREPARE CLASS PLAN TO TEACH DAY 4
(PRE-APPROVAL NEEDED BY TUTOR BEFORE PRACTICAL EXAM)**

DAY 4

CLASS PLAN DEMONSTRATIONS

14 ADVANCED EXERCISES & MODIFICATIONS

POSTURAL ASSESSMENT

ASSESSMENTS

**POSTURAL ASSESSMENT CASE STUDY - PRACTICAL &
WRITTEN
(90% PASS RATE)**

DAY 5

APPROACHES TO SPECIAL POPULATIONS

THE PILATES INDUSTRY & HOW TO STAND OUT

16 FURTHER ADVANCED EXERCISES & MODIFICATIONS

GROUP TEACHING

ASSESSMENTS

CLASS PLAN SUBMISSION

DAY 6

PRACTICAL ASSESSMENT DAY

ASSESSMENTS

PRACTICAL REFORMER CHECK (100% PASS RATE)

**PRACTICAL ASSESSMENT - TEACHING A CLASS
(80% PASS RATE)**

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

**THEORY ASSESSMENT FOR PILATES HISTORY
AND ANATOMY 1, 2 AND 3
(70% PASS RATE)**

**SUBMISSION OF PRACTICAL SELF STUDY LOG:
10 HOURS TEACHING
20 HOURS PRACTICE**

INCLUDED IN YOUR COURSE PRICE

- / Access to support through Teams 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 online Academy 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

