





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 long term high with 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. a physiotherapy With & numerous degree Pilates courses completed with classical **Pilates** training at her core,

DEMI

Demi trained professionally 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 structured of power movement. A class with isenchanting. sequenced. fun and effective.

CAROLYN

Carolyn has over 20 vears experience working as Physiotherapist and Pilates Clinical Specialist both in the NHS, Rambert Dance Central Company, School of Ballet and practices. private Carolyn has worked for many years as a Pilates Tutor & Assessor and believes that everyone can benefit from Pilates that it and 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 Trainer Master (eRYT500). and continued education (YACEP provider IO) ACTIVE has been in the wellness industry for nearly 2 decades, teaching clients how to improve their health with programs cus tomised 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

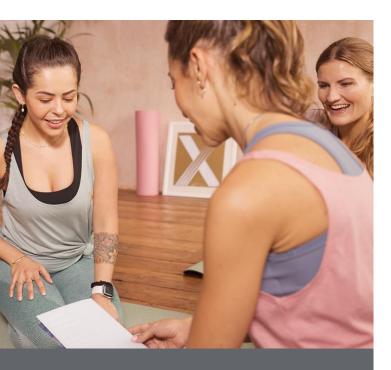
Caroline has had a passion for dance and since movement childhood. Having previously worked in law, she took a complete U turn at 27, and decided to peruse her original passion and retrain as a Pilates Teacher. A couple years later embarked on adventure to India to train as a Yoga Teacher with Yoga Alliance, and then on to train with Birthlight Prenatal Yoga a. 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)

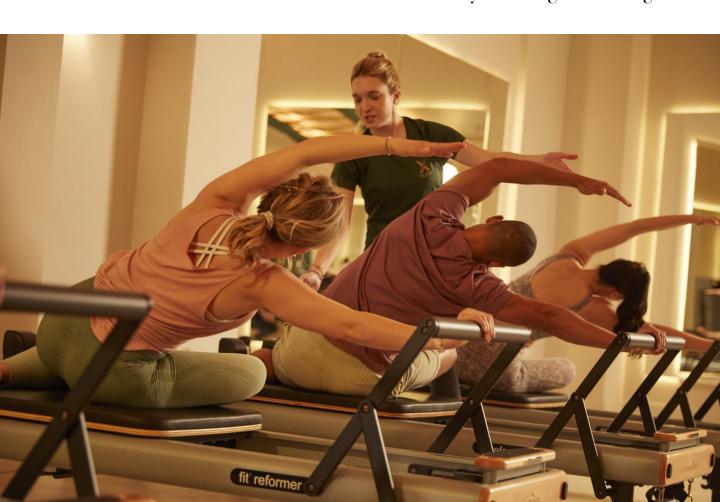
SUBMISSION OF PRACTICAL SELF STUDY LOG: 10 HOURS TEACHING 20 HOURS PRACTICE

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

