



Pilates Teacher Training Institute

Frequently Asked Questions

1. Which Pilates course should I choose?

[Pilates Mat 1&2 CPD Course](#) - if you have a previous health/fitness qualification that includes Anatomy and Physiology: Personal Training, Yoga Teaching, Physiotherapy etc.

[Comprehensive Pilates Package](#) - if you do NOT hold a previous health/fitness qualification.

2. How much Pilates experience do I need before starting the course?

We ask that you have attended a minimum of 20 Pilates classes prior to starting the course to ensure familiarity with the Pilates Mat exercises.

3. What is required after the course is completed?

To truly take the course from the classroom to the real world, you will need to attend between 5-30 Pilates classes either as a student or an apprentice after weekend 1. These classes must be signed off by a qualified teacher, or teachers, of your choice over a maximum 6 month period. You will be informed of how many classes you will need to attend after the course finishes (the amount will depend on previous Pilates experience and performance in the assessments). The average is 15.

4. What is the daily schedule for the course?

Each course is different please see details on our [training dates](#) page.

5. What do I need to bring with me?

All course materials will be provided. Please bring a pen, notebook and clothes to move in.

6. Who are the courses endorsed by?

Pilates Mat 1&2 CPD Course – endorsed by CTHA

Comprehensive Pilates Course – endorsed by IICT

7. When do the Pilates assessments take place?

Pilates Mat 1&2 – day 5 of the course

Comprehensive Pilates Course – day 6 of the course

8. When is the deadline for the early bird price?

One calendar month before the course starts.

9. What happens if I need to miss a day of the course?

We can still certify you if you miss one teaching day of the course, but you will need to make up these hours with us which will incur an additional fee for studio hire and teaching time.

Please contact us and we will quote you for the additional hours required to make up the elements that have been missed.

10. Can I take this course if I am pregnant?

Yes, you are welcome to take this course, but you will not be able to participate in the practical sessions. You will observe the classes and take the written and teaching sections of the assessment. You will be able to take the demonstration section of the assessment 15 weeks post-partum.

11. Can I take this course if I am injured?

If your doctor has allowed you to exercise then you may take this course, although you may be required to sit out or modify certain exercises. Please declare any injuries on your application form which we will send you with your booking confirmation. Contact us if you have any questions.

12. What is included in the price?

The price includes: all materials, teaching, Pilates assessments and certification*.

The price does not include: food, accommodation, transport.

****For the Comprehensive Course it is necessary to sit the Anatomy and Physiology exam in an ITEC centre of your choice. The fee for this is payable directly to the ITEC centre.***

13. Do I need to complete the Anatomy and Physiology course and pass the exam before I start the Pilates Mat 1&2 course?

No. However, we cannot give you your Pilates certificate until you have completed and passed the A&P exam.

We ask that you start the online course and become familiar with the musculoskeletal system before the course starts.

14. Can I get a refund if I need to cancel the course?

Although we will endeavour to accommodate you in the next available training course, all deposit payments are non-refundable. Please see our [Refunds Policy](#) for more information.

15. I have a few more questions, can we have a chat?

Sure! We are happy to answer any questions by email or if you'd prefer please send us your telephone number and we'll give you a call.