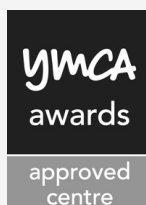




Pilates Course Guide



FEARLESS FITNESS TRAINING ACADEMY



About

FEARLESS FITNESS TRAINING ACADEMY

As the name suggests we're all about helping you to be fearless and to move fearlessly!

This means you will have the knowledge and skills needed to feel totally confident teaching your classes as well as handling the different aches, pains and needs of all the people who will come to your Pilates sessions.

Learning how to manage these situations without freaking out and without adding further to the fears of your clients is vital and is something unique about our training courses.

We don't only offer Pilates training courses although that is the majority of what we do.

NAOMI DI FABIO

Naomi is the founder of FFTA and will be leading you through your learning.

She's trained in the complete Pilates system and has completed several different training courses.

Naomi is highly experienced in developing and teaching training courses for her own companies as well as other education providers. She's traveled the world teaching and presenting at numerous events and conventions.

She is also experienced in managing instructors and has been in charge of product development at group fitness studios, has taught huge classes, large groups, small groups and personal training as well as running her own classes in the community. The breadth of knowledge she'll be able to download to you is massive.





Matwork Pilates

Joseph Pilates created Contrology - later called Pilates. He designed a series of exercises to be performed on the mat with just your body. He expected everyone to be doing their matwork exercises alone at home everyday. He also taught matwork to groups of dancers at a summer dance camp.

These days matwork Pilates is done in large groups, small groups, one-to-one with clients, online, in studios or even on beaches and in parks! The opportunities are endless!

In the UK we have regulated qualifications in the fitness industry and Matwork Pilates is a Level 3 Diploma (the equivalent to A-Levels).

We have two options for Matwork Pilates. Find out more on pages 5-7.



Reformer Pilates

The Universal Reformer was created by Joe in the early 1900s and uses springs to provide resistance and assistance during exercises originally intended to help people be able to do the Matwork exercises.

The Reformer forms part of a large group of apparatus that Joe invented.

Group Reformer studios have had a huge surge in popularity recently and instructors are sought-after! Many different courses have been developed to take advantage of this demand.

Our course stand out as teaching a solid foundation for any style of Reformer classes to teach large groups, small groups and one-to-one sessions.

There are a few options available to you. Find out more on pages 8-10.

A woman in a pink top and grey leggings is lying on her back on a mat, with her legs raised and supported by the Cadillac tower's straps. The tower is a large piece of Pilates equipment with a wooden frame and metal straps.

Tower Pilates

The Tower is one side of a Cadillac - the largest piece of equipment that Joseph created.

Since the Cadillac is so big usually only one is found in a studio. To facilitate better use of the space in a studio and to be able to offer more clients the ability to do the exercises, Pilates equipment providers developed the Tower which can either be attached to the end of a Reformer or placed against a wall with the mat on the floor.

There are less Tower classes available than Reformer so it can be a great way to differentiate and offer more to your clients.

You'll also have more ways to help different clients, plus the exercises on the Tower just feel a-may-zing!

The Tower course is a 2-day in-person training course for those who have already trained to teach Matwork Pilates (and ideally Reformer).

You will have access to recorded online content to supplement your in-person learning.

There are no assessments and you will receive a certificate of attendance.

TOWER
CERTIFICATE

Further training

Once you're in the world of teaching Pilates you'll no doubt be wanting to upskill and continue learning more. There are a variety of qualification options available such as:

Level 3 Awards in teaching Advanced Reformer Repertoire
Pre and Post natal
Older adults
Long term health conditions
Disability and impairments

Or you might consider adding other types of fitness training to your toolbox!

Matwork Pilates

There are two options for the matwork Pilates course:

1. Matwork Pilates certification
2. YMCA Awards Level 3 Diploma in Instructing Pilates Matwork

Both courses run entirely online so you can complete them from wherever you are based!

There is recorded online learning and content to support your learning. In addition to this you will have 10 weeks of live online learning consisting of 1 ½ hour tutorial and practice with your peers plus a separate 1-hour Matwork Pilates class.

The course content is exactly the same for both options except the YMCA Awards Level 3 course includes Anatomy and Physiology at Level 3. Assessments for the Level 3 qualification are much more extensive. You can choose to add the Level 3 assessments to the Certificate at a later date.

Unlike other education providers our Matwork course includes working with small equipment like bands and balls!

This is what we'll cover:






















- **The evolution of Pilates** - gives you a thorough understanding of what Pilates is and how it's changed over the years so you feel confident in what you're offering and how it can help people
- **The full Pilates Matwork repertoire** - many courses will only teach you the basics or beginner and intermediate exercises. We teach you everything as well as how to progress through the method
- **How to teach effectively** - If you can cue and teach well, your clients will have the best experience in class: they will learn and grow without being frustrated
- **Anatomy and Biomechanics** - how your muscles work when you move
- **Guidelines and best practice** - Whilst other providers haven't updated their content for years.... (if ever) our courses are constantly updated to reflect the latest evidence so you can be sure you are giving your clients the best possible experience. You'll also learn how to think critically and keep your knowledge up-to-date
- **How to breakdown and build up movements** so that you can teach all levels and abilities of clients confidently and effectively

- **How to create flowing, seamless classes** and sessions that you will enjoy teaching and your clients will love
- **Risk assessments, safety and client screening** so you can be sure you're teaching the right thing to the right people ensuring safety
- **Pain science** and how to work with those experiencing pain and injuries - You will be hard-pressed to find any other Mat Pilates course that covers this essential piece of the puzzle to keep you confident and compliant!
- **Small apparatus** - Most training providers have you pay extra for this. It's included in our course. Think balls, bands, weights and magic circle

| | YMCA Awards Level 3 Diploma | FFTA Certificate |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Choose this option if | <ul style="list-style-type: none"> • You do not currently hold a recognised UK fitness qualification • You know you want to teach in gyms and health clubs • You want a regulated qualification • You also want to gain a Level 3 Reformer Pilates qualification | <ul style="list-style-type: none"> • You already hold a fitness qualification at Level 3 and you don't feel you need another one • You already hold Level 3 Mat and want a more in depth course • You are not sure if you want to teach Pilates matwork |
| Investment | £1400 | £800 |
| Instalment options | <ul style="list-style-type: none"> • 2 payments of £750 • 3 payments of £525 | <ul style="list-style-type: none"> • 2 payments of £450 • 3 payments of £325 |
| Included | <ul style="list-style-type: none"> • 10 live virtual training sessions (1.5 hrs each) • 10 live virtual matwork classes • Recorded online learning content (including videos of exercises, breakdowns, sequences and full classes) • Level 3 Anatomy and Physiology • L3 assessments* • FFTA assessments* | <ul style="list-style-type: none"> • 10 live virtual training sessions (1.5 hrs each) • 10 live virtual matwork classes • Recorded online learning content (including videos of exercises, breakdowns, sequences and full classes) |
| Add-ons | | <ul style="list-style-type: none"> • Certificate assessments £100* • Level 3 qualification assessments £600* |
| Certificates | YMCA Awards Level 3 Diploma in Instructing Pilates Matwork, AND FFTA Pilates Matwork Teacher Certificate | FFTA Certificate of Attendance OR FFTA Pilates Matwork Teacher Certificate (if choosing the assessment option above) |
| Progression options | Specialism qualifications such as Perinatal, Older Adults, Long-term Health Conditions, Level 3 Reformer Pilates qualifications | Reformer Pilates certification Level 3 Matwork Pilates assessments |

*Reassessments incur additional charges

In order to receive your Certificate(s) you will need to complete the following:

| Assessment elements | YMCA Awards Level 3 Diploma | FFTA Certificate of Attendance | FFTA Pilates Matwork Teacher Certificate |
|-------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Online learning complete |  |  |  |
| 20 hours of personal practice (minimum) |  |  |  |
| 10 hours of practice teaching (minimum) |  |  |  |
| 5 hours of observation (minimum) |  |  |  |
| E-learning quizzes |  |  |  |
| Level 3 questions & answers on Anatomy and physiology |  | | |
| History & benefits of Pilates presentation |  | | |
| Exercise analysis worksheet |  | | |
| Group class planning, delivery & evaluation |  | |  |
| Bespoke 1-to-1 client work project |  | | |

The course is an A-Level equivalent and is expected to be completed within a few months depending on how much time you have to dedicate to it. All assessments require submitting video-recorded evidence.

You will be teaching people in real life from the beginning of the course. This could be family and friends, or if you have established fitness classes already you could start teaching small amounts to your existing clients.

The aim is that by the end of the course you will have an established group for your Matwork Pilates classes.

Reformer Pilates

There are three options for the Reformer Pilates course:

1. Reformer Pilates Certification
2. YMCA Awards Level 3 Certificate in Instructing Reformer Groups
3. YMCA Awards Level 3 Certificate in Instructing Reformer Groups and one-to-one
4. YMCA Awards Level 3 Diploma in Instructing Reformer Groups, one-to-one and Advanced Repertoire (only advisable for those already teaching Reformer)

All courses run as blended learning including 6 in-person training and assessment days. There is recorded online learning and content to support your learning which you will retain access to forever!

The course content is almost exactly the same for all options but there are additional assessments and projects for the YMCA Awards Level 3 qualifications. If you choose the Certificate you can choose to add the Level 3 assessments at a later date to obtain the full qualification.

You will be able to teach and obtain insurance no matter which option you choose. The YMCA Awards Level 3 will help you to stand out among the crowds!

This is what we'll cover:

- **The evolution of Pilates** - gives you a thorough understanding of what Pilates is and how it's changed over the years so you feel confident in what you're offering and how it can help people
- **A variety of Reformer Pilates exercises at different levels** - many courses will only teach you the basics or beginner and intermediate exercises. You will have a library of over 170 exercises including traditional and more fitness-based movements
- **Using spring resistance** - a MUST know which many providers omit. You'll know how to work with individual differences
- **How to teach effectively** - If you can cue and teach well, your clients will have the best experience in class: they will learn and grow without being frustrated
- **Anatomy and Biomechanics** - how your muscles work when you move
- **Guidelines and best practice** - Whilst other providers haven't updated their content for years.... (if ever) our courses are constantly updated to reflect the latest evidence so you can be sure you are giving your clients the best possible experience. You'll also learn how to think critically and keep your knowledge up-to-date
- **How to breakdown and build up movements** so that you can teach all levels and abilities of clients confidently and effectively
- **How to create flowing, seamless classes** and sessions that you will enjoy teaching and your clients will love getting them results
- **Risk assessments, safety and client screening** so you can be sure you're teaching the right thing to the right people ensuring safety

- **Pain science** and how to work with those experiencing pain and injuries - You will be hard-pressed to find any other Mat Pilates course that covers this essential piece of the puzzle to keep you confident and compliant!
- **Pre and post natal and Osteoporosis** - Learn how to manage special populations effectively in your sessions. You will often find pregnant and post partum women as well as those diagnosed with osteoporosis attending your classes. Other training providers do not give you information to help you feel confident have them to participate safely in your group sessions

| | YMCA Awards Level 3 Groups | YMCA Awards Level 3 Groups and 1-2-1 | FFTA Certificate |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Choose this option if | <ul style="list-style-type: none"> You hold a L3 Matwork Pilates diploma qualification You only want to teach large group Reformer classes You want to stand out from the crowd with a regulated qualification | <ul style="list-style-type: none"> You hold a L3 Matwork Pilates diploma qualification You want to teach large group Reformer classes, small group and one-to-one You want to stand out from the crowd with a regulated qualification | <ul style="list-style-type: none"> You want to teach large group Reformer classes You do not hold a Level 3 Matwork Pilates qualification You don't want or need another regulated qualification |
| Investment | £1400 | £1500 | £1250 |
| Instalment options | <ul style="list-style-type: none"> 2 payments of £750 3 payments of £525 | <ul style="list-style-type: none"> 2 payments of £800 3 payments of £560 | <ul style="list-style-type: none"> 2 payments of £675 3 payments of £475 |
| Included | <ul style="list-style-type: none"> 6 face-to-face days in a Reformer studio Huge online library of exercises Recorded online learning L3 qualification assessments* FFTA assessments* | <ul style="list-style-type: none"> 6 face-to-face days in a Reformer studio Huge online library of exercises Recorded online learning L3 qualification assessments* FFTA assessments* | <ul style="list-style-type: none"> 6 face-to-face days in a Reformer studio Huge online library of exercises Recorded online learning L2 Anatomy & Physiology FFTA assessments* |
| Add-ons | | <ul style="list-style-type: none"> L3 Advanced Reformer Repertoire £300 | Level 3 qualification assessments (difference in price) |
| Certificates | YMCA Awards Level 3 Certificate in Instructing Studio Reformer: Groups AND FFTA Reformer Pilates Teacher Certificate | YMCA Awards Level 3 Certificate in Instructing Pilates Studio Reformer: Groups and One-to-One AND FFTA Reformer Pilates Teacher Certificate | FFTA Reformer Pilates Teacher Certificate AND YMCA Awards Level 2 Award in Anatomy and Physiology and Fitness Principles for UMD UK membership |
| Progression options | Specialism qualifications such as Perinatal, Older Adults, Long-term Health Conditions | Specialism qualifications e.g. Perinatal, Older Adults, Long-term Health Conditions, L3 Reformer Advanced Repertoire | Level 3 Matwork Pilates qualification, Level 3 Reformer qualifications |

*Reassessments incur additional charges

In order to receive your Certificate(s) you will need to complete the following:

| Assessment elements | YMCA Awards Level 3 Groups | YMCA Awards Level 3 Groups and 1-to-1 | FFTA Reformer Pilates Certificate |
|---------------------------------------------|----------------------------|---------------------------------------|-----------------------------------|
| Online learning complete | ✓ | ✓ | ✓ |
| 20 hours of personal practice (minimum) | ✓ | ✓ | ✓ |
| 10 hours of practice teaching (minimum) | ✓ | ✓ | ✓ |
| 5 hours of observation (minimum) | ✓ | ✓ | ✓ |
| E-learning quizzes | ✓ | ✓ | ✓ |
| History & benefits of Pilates presentation | ✓ | ✓ | |
| Exercise analysis worksheet | ✓ | ✓ | |
| Group class planning, delivery & evaluation | ✓ | ✓ | ✓ |
| Bespoke 1-to-1 client work project | | ✓ | |

The course is an A-Level equivalent and is expected to be completed within a couple of months depending on how much time you have to dedicate to it.

If you keep up with the program requirements you will be able to receive your FFTA Certificate on the last day of the in-person days no matter which course option you choose.

The Level 3 qualifications assessments will take place after completing the in person days and how long it takes you depends on how much time you can dedicate to getting your assessments completed and submitted. You will have to submit video-recorded evidence for these assessments.

Get Registered

When you're ready to register on a course follow the link to complete your application. During this process you will select whether to pay in full or in instalments.

Your application will then be reviewed and you will receive an email with your invoice for payment.

Your space will be guaranteed and confirmed upon payment and you will receive access to all of your online learning content so that you can get started immediately!

MATWORK
CERTIFICATE

MATWORK
YMCA LEVEL 3

REFORMER
CERTIFICATE

REFORMER
YMCA LEVEL 3

TOWER
CERTIFICATE

JOIN US FOR ONLINE CLASSES

Throughout the year we run online Matwork and Reformer classes for teachers and aspiring teachers. Find out more and join for the next 10-week block:

MATWORK
CLASSES

REFORMER
CLASSES

IF YOU HAVE QUESTIONS

Get in touch on IG or by email with any questions you have. If you'd like to have a call to talk through anything and make sure you're choosing the right course for you please just reach out.



Success Stories

SOBIA WHITE

Sobia joined a Reformer training course in Glasgow and a few months later had opened her own 8-bed Reformer studio in Greenock, Scotland.

Currently Sobia opens her studio for only part of the week and does all the teaching. Yet just two months later she left her high-flying corporate job for a more balanced lifestyle!

SWAN GRACE PILATES STUDIO



NATASHA ZAPRAZALA-BANKS

Tash fell in love with her classes at Hkore studios in Guildford and now she gets to lead classes there in addition to her other part-time roles and being a mum and wife.

What she says about the course:

Naomi's course was everything I wanted and more - she has an amazing approach to teaching!

Being a busy mum with my own reflexology business, I wanted to add another string to my bow. Naomi's course was perfect - full of experience, knowledge and the theory content is easy to follow and engaging.

When you then are in the room with her, she is calm, kind and inspiring... whilst still being so down to earth and approachable!

The course fit in well with a busy week and life and has offered the opportunities that I wanted after completion. Would 100% recommend her Reformer course and all the other content she has available!

BE_BALANCED_REFLEX_REFORMER

Learner Love



Freya

3 months ago



★★★★★ Naomi's course was amazing, cannot fault it at all, she is so knowledgeable, but not overpowering and you don't feel exhausted and overloaded which you sometimes can on an all day course. I really learnt so much without it feeling like a lesson or a class, and so much extra knowledge I didn't even realise I learnt if someone asks me something or I remember little bits. I feel like I got super lucky to be on the course and wouldn't have wanted to do it another way! I also loved the timings of this course and felt like it was a good amount of time, not too much or too short days. I hope to see you again Naomi!



Marisa A

2 months ago



★★★★★ The course was perfect in every way. It suited how I learn with plenty of notes, discussion and writing each teaching point down. Also, the visual demonstrations and putting myself out there earlier from the opportunity Naomi gave us to lead small groups helped me so much. Every body part, muscle, Pilates principle, teaching style & exercise was taught in depth and so clear.

It was the perfect course and I can't thank you enough, Naomi.



Jenny Randolph

5 days ago



★★★★★ I have just completed the Pilates reformer course at Chichester Studio 44 with Naomi. It was an intensive 3 weekends course with a wealth of information and online training. Naomi was very knowledgeable and supportive throughout the course. I feel excited to start teaching with the skills and confidence gained! Thank you Naomi.



Sobia White

7 months ago



★★★★★ I had been thinking about a reformer course but hadn't found the right one. I'd heard a lot about Naomi and her course so was delighted when there was an opportunity in Scotland to do this. She is very thorough and covers all aspects when teaching reformer. There's a lot of theory which provides the background. The practical is intense, enjoyable and very detailed. Naomi encourages you to think and affords you the time to prepare. She's a great sense of humour, cares about her students and genuinely wants them all to do well. It was an absolute pleasure and an unforgettable experience. Thank you. Sobia x



Nicole Clarke

1 review • 0 photos



★★★★★ 2 weeks ago **NEW**

I really enjoyed the reformer course delivered by Naomi. She is very knowledgeable and provided support at any opportunity she could. You can tell she is very passionate about what she is teaching! An overall positive experience and I feel I could transfer this over into teaching my own classes once qualified.



Danielle Hutcheson

1 review • 0 photos



★★★★★ 8 weeks ago

I thoroughly enjoyed the reformer Pilates course! Naomi made me feel energized, inspired, and excited throughout. Her engaging delivery style kept me captivated all day. The balance of practical and theory sessions was perfect, enhancing my understanding and skills. The online content is a brilliant resource, enabling me to get creative and confidently lead a class. I highly recommend this course to anyone seeking a new focus, wanting to do something different, or considering a career in Pilates. Thank you for such an amazing and transformative experience!

