



Career Development



## Instructing Pilates Matwork

### Overview

This course aims to provide you with the skills and knowledge to enable you to be professionally competent to design, plan and deliver safe and effective Pilates classes.

You will develop an understanding of anatomy and physiology for exercise and health, as well as health, safety and welfare in a fitness environment. With an understanding of how to form effective working relationships with clients, you will work with them to support them in the physical activity.

Level 3 Diploma

10-12 weeks

Active IQ

Online Learning Available

Did you know we have a range of courses related to this qualification?

### Progression

You will be prepared for future employment as a Pilates instructor and have the knowledge to progress onto more advanced fitness courses.

### Entry Requirements

This course requires a Level 2 Diploma in Fitness Instructing & Personal Training.

You must be 19+ to apply for an Advanced Learner Loan to fund this course.

### Find Out More

If you are interested in finding out more, contact us today:  
[www.b-skill.com/contact/](http://www.b-skill.com/contact/)



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