



EVERYBODY
PILATES



TEACHER TRAINING INFORMATION PACK

Find the perfect classical Pilates course
to support your Pilates journey



CONTENTS:

SECTION 1

Welcome to Everybody Pilates

What Makes Everybody Pilates Different?

SECTION 2

Your Teacher Training Journey

Fundamentals Certification

Level 3 Mat work Certification

Level 3 Mat, Reformer & Tower

Comprehensive Certification

Bridge Programme

Masters Programme

Virtual in Person Programme

Level 4 Continuing Education

SECTION 3

Meet our Team

Get in touch

WELCOME

TO EVERYBODY PILATES TEACHER TRAINING

At Everybody Pilates, we are committed to guiding you through every stage of your Classical Pilates teaching journey. Whether you're a Pilates enthusiast just beginning or an experienced teacher looking to refine your skills, we offer a comprehensive and supportive environment to help you achieve your goals.

Our training programs are based on the Classical Pilates method, which originates from Joseph Pilates and has been passed down through our founder, Amy Kellow. As a second-generation Classical Pilates instructor, Amy trained under Pilates elders Jay Grimes and continues her education with world-renowned trainer Mejo Wiggins. This commitment ensures that our teacher trainees receive authentic Classical Pilates education.

We have a growing team of experienced teacher trainers. Third-generation teacher trainers Kerry and Anna have over 15 years of experience each and are based in the United Kingdom. Aafke, our third-generation teacher in the Netherlands, brings over 10 years as a Pilates instructor.

With teacher training now happening in the European Union and the UK we are committed to growing a team of international trainers, each bringing their unique perspectives and expertise to enhance our training programmes. Together, we are committed to fostering a supportive and dynamic learning environment for aspiring Pilates teachers around the world.

WHY

EVERYBODY PILATES

INCLUSIVE COMMUNITY

A welcoming and supportive atmosphere.

EXPERT GUIDANCE

Learn from trainers with direct connections to the original Classical Pilates method.

COMPREHENSIVE SUPPORT

Access to all studios for training, no hidden costs, and ongoing mentorship.

EXCLUSIVE DISCOUNTS

Enjoy 30% off all classes at any Everybody Pilates studio during your training.

CAREER OPPORTUNITIES

Explore job roles, franchise options, and partnerships after certification.

HIGH STANDARDS

We aim to develop confident, skilled, and successful Classical Pilates instructors.



YOUR TEACHER TRAINING JOURNEY

The Everybody Pilates Teacher Training system is designed to take you from the basics to mastery, with clear steps to move seamlessly through your teacher training journey. Here's what you can expect at every stage:



[ALL COURSES](#)

FUNDAMENTALS

CERTIFICATION

The perfect introduction to Classical Pilates, this two-day course is designed to teach the foundational skills and confidence needed to begin instructing beginner-level mat, reformer, and tower exercises.

Overview:

- Understand core Pilates connections in the body.
- Learn beginner-level mat, reformer, and tower exercises.
- Develop teaching skills and hands-on techniques.

Duration: 2 contact days, 55 hours of personal and teaching practice, and observation, + 1 assessment.

Who is it for?

Pilates enthusiasts who are curious about teaching or beginning their teacher training journey

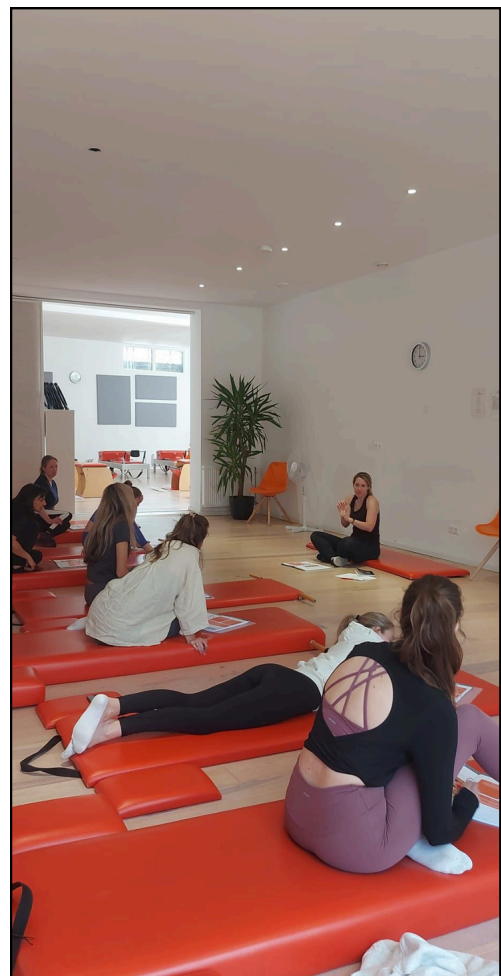
Benefits:

- Learn modifications for all body types.
- Build confidence in teaching foundational exercises.

Requirements: No formal qualifications; basic Pilates experience recommended.

Cost: £550

Next steps: Fundamentals is the first module of the Comprehensive Training Programme or can stand alone.



[BOOK YOUR SPOT NOW!](#)

MAT-WORK

EARN A LEVEL 3 DIPLOMA

Accredited by Active IQ, this course allows you to teach the entire Classical Pilates mat repertoire, from beginner to advanced levels. It's perfect for those looking to teach in various settings, including gyms and community spaces, while maintaining flexibility in their training schedule.

Practical Training

- **Duration:** 6 days of in-person training over 3 weekends (Beginner, Intermediate, Advanced levels), spaced across 6 months.
- 115 hours of personal and teaching practice, and observation.
- Online training modules are completed between the practical weekends to enhance learning and build an individual learner portfolio. Each module is completed with an assessment.

Online Active IQ Accredited Units:

1. Anatomy and Physiology for Exercise and Health.
2. Principles of Exercise, Fitness, and Health.
3. Programming Pilates Matwork.
4. Instructing Pilates Matwork.
5. Optional Unit: Principles of Nutrition for Physical Activity

Who is it for?

Busy professionals looking for gym accreditation, particularly those who value flexibility in their training schedule.



MAT-WORK CONTINUED...



Benefits:

- Gain accreditation to teach Classical Pilates mat exercises.
- Develop confidence in teaching all mat exercises as part of the Classical Pilates system.

Requirements: No prior qualifications are required.

Cost: £2,300

Next steps: You must maintain your Level 3 Mat Certification through at least one workshop yearly of a Continuing Education course. Graduates with an Everybody Pilates Level 3 Matwork diploma can join the Bridge Programme for Comprehensive Certification for £3,000.

[BOOK YOUR SPOT NOW!](#)

NEW

LEVEL 3

MAT, REFORMER AND TOWER

Our NEW course combines Level 3 Matwork Diploma with the Fundamentals Certification bolt-on, offering a well-rounded teacher training course in Classical Pilates.

Practical Training

- **Duration:** 4 days of in-person training. 2 days of Intensive mat training + 2 days of equipment training
- 170 hours of personal and teaching practice, and observation, + 1 assessment.
- Online training modules are completed between the practical weekends.

Benefits:

- Gain a Level 3 Matwork Diploma and Fundamentals Certification upon completion.
- Develop confidence in teaching beginner-to-advanced Mat exercises and foundational Reformer & Tower exercises.
- No prior qualifications required.

Who is it for?

- Individuals looking for a more intensive and fast-paced version of the Level 3 Mat certification.
- Those who want a flexible training schedule that allows them to complete their certification efficiently.
- Professionals seeking a in depth yet accelerated route into Classical Pilates teaching.

Cost: £2,450

Next steps: Graduates can join the Bridge Programme for Comprehensive Certification for £3,000.

[PURCHASE HERE!](#)

COMPREHENSIVE CERTIFICATION

A complete journey through the Classical Pilates system, this certification equips you to teach the entire repertoire across all apparatus, including mat, reformer, tower, Cadillac, chairs, and barrels.

Modules & Units:

- Module 1: Fundamentals, Chairs, Barrels, Beginner System 2 (£2,000)
- Module 2: Intermediate System 1 & 2 (£2,000)
- Module 3: Advanced System 1 & 2 (£2,000)

Practical Training

- **Duration:** 18-24 months.
- 12 contact days + 500 hours, including personal practice, teaching practice, and observation. Final assessment at the conclusion for certification.
- Needs to be completed in 2 years.

Who is it for?

Pilates practitioners and students who want to teach equipment-based exercises and Level 3 graduates ready to deepen their expertise.



COMPREHENSIVE CONTINUED...

Benefits:

- Learn the entire Classical Pilates system, from beginner to advanced levels.
- Gain hands-on training and essential teaching skills.

Requirements: Intermediate-level Pilates experience and practice are recommended.

Cost: £6,000 if you pay per module, or £5250 if paid all upfront, including Level 2 Active IQ Anatomy & Physiology.

Next steps: Keep certification by attending one workshop annually or enrolling in the Master's Programme.

[BOOK YOUR SPOT NOW!](#)



BRIDGE PROGRAMME

The bridge programme is tailored for those who have completed a comprehensive certification with another provider and want to bridge across to the classical system. This programme provides a seamless transition from a contemporary Pilates teaching background to mastering the Classical Pilates system without needing to start from scratch. It enables participants to deepen their knowledge, teaching capabilities, and confidence in the Classical repertoire.

Who is it for?

This programme is ideal for Pilates instructors aiming to:

- Transition to teaching Classical Pilates on equipment, including the reformer, Cadillac, tower, chairs, and barrels.
- Save time and costs by bridging into the Comprehensive Certification rather than starting from the beginning.



Benefits:

- Comprehensive Certification cost is discounted to £3,000
- Cover all components of the Comprehensive Certification in a condensed 300-hour timeframe (instead of 500 hours).
- Gain an in-depth understanding of the Classical Pilates system across all apparatus.

Duration: 12–14 months, including 12 contact days and 300 hours of personal practice, teaching practice, and observations. Final assessment at the conclusion for certification.

BRIDGE

CONTINUED...

Requirements:

Completion of mat, reformer, and tower or comprehensive certification

- At least 2 years of Pilates teaching experience.
- OR studio owners wishing to transition their teaching methods to Classical Pilates.

Cost: Bridge participants receive Comprehensive Certification for £3,000.

Next steps: Graduates must maintain certification with a Everybody Pilates workshop once a year and are encouraged to proceed to the Master Mentor Programme to further refine and elevate their teaching skills.

[BOOK YOUR SPOT NOW!](#)



MASTER MENTOR PROGRAMME

This advanced training program is designed for experienced teachers looking to refine their skills, enhance their teaching, and thrive as part of the Classical Pilates community.

Modules:

1. Solidify the System.
2. Super Advanced Reformer Part 1.
3. Joe's Mat.
4. Chairs and Barrels.
5. Cadillac & Superpowers.
6. Super Advanced Reformer Part

Practical Training

- Duration: 12 months.
- 12 contact days lessons and 1 group class per month.

Who is it for?

Comprehensively trained instructors with at least 2 years of teaching experience.

Benefits:

- Master advanced Classical Pilates teaching techniques.
- Progress clients to more advanced levels with confidence.

Requirements:

Comprehensively trained instructors with at least 2 years of teaching experience.

Cost: £3,600.

Next steps: Graduates are encouraged to attend the annual Master's Weekend for ongoing professional development.



[BOOK YOUR SPOT NOW!](#)

VIRTUALLY IN-PERSON

CERTIFICATION

This program is designed for studio owners who want to provide training in their own space. Work with Amy and the team to host training for your staff and students while maintaining the quality of the Classical Pilates method.

Online Courses Offered:

- Fundamentals Certification.
- Mat Certification.
- Comprehensive Certification.

Who is it for?

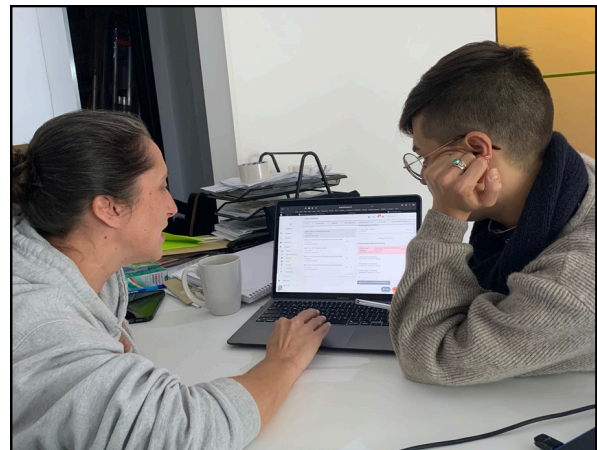
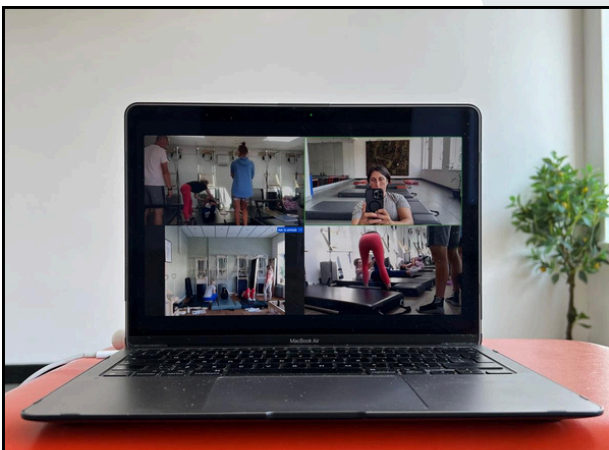
Pilates studio owners looking to grow their business and train instructors in-house.

Benefits:

- Host training while maintaining business operations.
- Make teacher training easily accessible to your instructors.
- Receive financial rewards and discounts on courses.

Cost: Studio owners earn 20% on courses.

[PARTNER WITH US!](#)



CONTINUING EDUCATION

At Everybody Pilates, your journey doesn't end with certification. We are committed to supporting your growth as a teacher and helping you maintain your certification while staying at the forefront of the Classical Pilates method.

We offer Continuing Education Workshops designed to:

- Keep your Classical Pilates certification active.
- Enhance your teaching skills.
- Maintain relevance in the ever-evolving Classical Pilates community.

Current Opportunities:

- Annual Get Together – 2 days of classes, workshops and community.
- Guest Teacher Weekend – an exciting opportunity to learn from renowned instructors and connect with the Pilates community.
- Master's Weekend – exclusively for those who have completed the Master Mentor Programme, offering advanced training and inspiration.

In 2026, we will be introducing additional specialised workshops which will be Level 4 Active IQ Accredited:

- Pre and Post-Natal Pilates.
- Pregnancy
- Special Populations
- Using Props for Connected Movement.

These workshops are open to all certified instructors, providing a variety of ways to continue your education and elevate your practice.

Join us in building a vibrant, knowledgeable Pilates community that thrives on lifelong learning and teaching excellence.

[ENQUIRE ABOUT DATES](#)

MEET OUR TEAM



Amy Kellow

- Founder of Everybody Pilates
- Second-generation Classical Pilates teacher, trained under Jay Grimes and Mejo Wiggins.
- Director/ Lead Trainer



Kerry Courtnell

- Third generation teacher trainer trained under Amy Kellow and Mejo Wiggin
- Training Coordinator
- Senior Instructor
- Teaching Degree



Anna Page

- Third generation teacher trainer trained under Amy Kellow and Mejo Wiggin
- Senior Instructor



Aafke Meelen

- Third generation teacher trainer trained under Amy Kellow
- Based in Maastricht, Netherlands and runs our European Union and Windsor, UK Teacher training courses.

GET IN TOUCH



READY TO BEGIN YOUR JOURNEY WITH EVERYBODY PILATES?
CONTACT US TODAY!

 education@everybodypilates.co.uk

 www.everybodypilates.co.uk

 +44 2392 838395

 @everybodypilateseducation

 ClassicalPilatesTeacherTraining

Unlock your potential and invest in your Pilates career today
through the **Everybody Pilates UK App!**



App Store



Google Play

Thank you for choosing Everybody Pilates.
We look forward to helping you reach your goals!