Claire’s Pilates
Education



Claire’s Pilates Education Prospectus

WWW.CLAIRESPILATESSTUDIO.CO.UK

Commitment to Excellence

"At Active IQ, we strive to exceed expectations and continually enhance the experiences of our centres and learners. Our passion for creating impactful education, and singularity of purpose when it comes to continuously improving the service we provide, drive our high standards"

Claire's
Pilates Education

Claire's Pilates Studio
40a Main Street, Garforth
Leeds
LS25 1AA

info@clairespilatesstudio.co.uk
www.clairespilatesstudio.co.uk
07721 369 904

About Claire Wray

Claire Wray has worked in the health and fitness industry for 35 years, starting her teaching with high impact aerobics and step. Twenty-five years ago she qualified as a Mat Work Pilates teacher and over twenty years ago qualified to teacher Reformer and other studio equipment with the Pilates Institute in London.

She is a Presenter, Pilates teacher, Barre Instructor Teacher Trainer who runs a successful Pilates Studio in Leeds, UK. She is endorsed by Active IQ and Focus Awards who are regulated by OFQUAL on behalf of the UK goverment.

Active iQ

FOCUS AWARDS
APPROVED TRAINING PROVIDER



Creator of Barre Pilates Method and Reformer Fit Teacher Training she has trained hundreds of Fit Pros and Pilates teachers to add this profitable, additional income stream to their business.

Claire has presented at Blackpool International Fitness Showcase, The Big One North, The Sermon and Cherry Baker's Pilates Celebration.
She created and presented two series of Pilates At Home for Made in Leeds TV which was broadcast on Made in Newcastle and Made in Swansea channels and is still available on Daily Motion.

Barre Pilates Method

REFORMER FIT



About Claire Wray

Claire is a Focus Awards and Active IQ endorsed teacher trainer and created Barre Pilates Method in 2011 for Pilates teachers and Fitness Professionals as a one-day workshop. Claire saw a gap in the market where all barre training at the time was expensive US franchises. Knowing UK Fitpros and Pilates teachers already had the skills to teach this, she worked with CIMSPA to create an accredited course. She now delivers Active IQ endorsed Level 3 Pilates Matwork teacher training, Reformer Fit teacher training and Pilates studio apparatus teacher training at her studio in Leeds.

Why choose Claire's Pilates Education?

Claire's experience of Pilates is built on over 25000 hours of teaching one to one and group classes as well as training and working with some of the pioneers of Pilates in the UK – Michael King, Nuala Coombs, Malcolm Muirhead and Cherry Baker.

One of the first teachers to have a fully equipped Pilates studio in the North, Claire is still a student of the method and is always looking to improve her own practice, teaching and tutoring.

With Claire you will get a personal tutor and a friendly studio. You will have full ongoing support after the course in her Facebook teachers group where she gives free daily class content and ideas plus weekly Technique Camp for your continued development.

Claire delivers Pilates training for Mat, Barre, Reformer, Spine Corrector and Tower/Vertical Frame and is always adding more variety to training so you can develop your career to cover the full breadth of the Pilates repertoire, as Joseph Pilates intended.

All the training is endorsed by Active IQ and Focus Awards so you will receive a certified qualification meaning you can get comprehensive insurance to teach, and know your learning is quality assured.

Courses

Pre-requisites

I recommend you attend Pilates classes for at least six months before starting the entry level qualification which is the Level 3 Diploma in Teaching Pilates Matwork.

RECOGNITION OF PRIOR LEARNING (RPL)

If you hold a current Level 3 qualification (within 3 years) you may be eligible for RPL for some elements of the Matwork Pilates Courses. Please contact for more information.

COURSE FORMAT

Training programmes generally include weekends. The programmes are quite intensive and there is a lot of information to learn both on the course and in your own time so please allow yourself time to study in order to give yourself the best chance of being successful. The training is delivered through a mix on online and in person to make the course as convenient and practical as possible.

CERTIFICATION FOR COURSES & WORKSHOPS

You will receive your certificate once you have successfully completed your training and any associated assessments.

Active IQ Level 3 Diploma in Teaching Pilates Matwork Training Course





The course is the entry level course to teach Pilates. It’s the pre-requisite for all other equipment training such as Reformer. It’s designed to provide you with comprehensive knowledge and practical skills, ensuring you're well-prepared to begin teaching Pilates Matwork as soon as you qualify.

What Does the Diploma Cover?

The course blends face-to-face instruction with convenient online training. The contact training hours are 7 days, split over 3 weekends, once a month. Two 2 day weekends are online and the last 3 days at Claire’s studio in Leeds. This allows you ample time to practice your Pilates techniques and complete assignments.

Unit 1: Anatomy & Physiology for Exercise and Health
This provides a solid foundation in understanding the human body's intricacies, which is crucial for effective Pilates instruction. You'll have plenty of opportunities for additional teaching time, and it concludes with an online open book exam.

Unit 2: Supporting Clients to Take Part in Exercise and Physical Activity
This classroom unit explores building relationships with your clients, ensuring both you and your clients benefit the most from Pilates classes.

Unit 3: Health, Safety, and Welfare in a Fitness Environment
In this classroom unit, you'll learn to identify health and safety risks within a fitness environment, ensuring a secure Pilates experience for your clients.

What Does the Diploma Cover?

Unit 4: Principles of Exercise, Fitness, and Health
This online unit lays the foundation for understanding the principles of exercise, fitness, and health. It's essential knowledge for all Pilates instructors and concludes with an online open book exam.

Unit 5: Principles of Pilates Matwork
Gain an in-depth understanding of the origins, methodology, and phases of a Pilates Matwork class.

Unit 6: Planning Pilates Matwork Classes
Learn how to gather information from clients and tailor Pilates classes to their specific needs.

Unit 7: Instructing Pilates Matwork Classes
This unit equips you with the skills necessary to deliver effective Pilates Matwork sessions.

Assessment
You will be assessed through a combination of coursework, a portfolio of evidence, practical demonstrations, assignments, and multiple-choice examinations.

All training is delivered live via zoom or in person giving you the chance to participate fully and have all your questions answered. All course elements must be completed by your practical Pilates assessment day.

Reformer Foundation Teacher Training





Are you a level 3 Pilates Mat Work teacher? Do you want to expand into teaching on the Pilates Reformer but unsure of where to start?

Have you invested in your knowledge and are concerned some traditional Pilates Reformer exercises will be unsuitable for your clients?

Would you like a Reformer training course that gives you practical, safe, effective exercises with a contemporary approach?

Reformer Foundation Teacher Training

Learn from Claire’s twenty plus years experience teaching Reformer and join her for Reformer Fit Teacher Training!

Reformer Fit Foundation training is delivered at Claire’s Pilates Studio in Leeds over 2 days. In house reformer training can also be arranged at your studio.

Additional training Reformer Progressions is available as an online module.

Active IQ Level 3 Reformer teacher training is delivered at Claire’s Pilates Studio in Leeds over 2 days. In house reformer training can also be arranged at your studio.

The Barre Pilates Method





Are you a Pilates teacher or Fitness Professional who wants to add another profitable income stream to their business?

Are you looking for innovative ways of using your Pilates training to help improve people’s strength, posture and mobility?

Would you like a new way of applying Pilates principles to a fun, new class format?

The Barre Pilates Method

Barre Pilates Method simplifies complex ballet technique and combines it with Pilates principles to deliver a safe, effective, flowing workout for everyone, with no need of dance experience.

Barre Pilates Method is delivered live at Claire’s Studio and also via Zoom! Numbers limited to allow time for practicals and discussion.

Spine Corrector on the Mat & Reformer





This Spine Corrector workshop is intended for qualified Pilates teachers.

Join Claire at her studio in Leeds for Spine Corrector on the Mat and Reformer! The Spine Corrector is one of Joseph Pilates original pieces of equipment and a tool that can be used to strengthen the torso, shoulders, back and legs while correcting or restoring the spine's natural curvature. It offers several movements to let gravity work with us instead of against us to assist stretch and spinal extension.

Spine Corrector on the Mat & Reformer

The barrel helps to maintain and adjust the curvature of the spine and can reduce any tightness in the breast muscle and tissue. This in turn can help increase lung capacity and improve thoracic extension.

Modern Spine Correctors are made of environmentally friendly PPE light weight material and can be bought at a fraction of the cost of the original studio equipment, around £60.

They are designed to fit onto a Reformer so as well as learning the Mat work repertoire you'll discover the amazing variety this cost-effective piece of equipment adds to your Reformer classes!
This half day workshop is run at Claire's Pilates Studio in Leeds and includes your PDF manual.

The Confident Pilates Teacher – Teaching Back Conditions

Are you confident teaching clients with back conditions? With an estimated 90% of clients coming to class with back pain you need to know your stuff!

Do you know how to teach someone with a disc herniation, stenosis or scoliosis?

Do you know the difference between spondylosis, spondylolysis and spondylolisthesis?



The Confident Pilates Teacher – Teaching Back Conditions

Are you aware of how to teach clients with SI joint dysfunction or degenerative changes in the spine?

It can be overwhelming when confronted with medical terminology but as a Pilates teacher you DON”T need in depth medical knowledge to know how to teach your clients. I’ve been teaching Pilates over 26 years and have worked with just about every type of back pain and client and from that I’ve put together my new workshop – The Confident Teacher – Teaching Clients with Back Conditions on the Mat and Reformer.

In it you’ll learn how to work with clients with all the common back conditions, how to train clients after back surgery and how to manage the pain your clients present with. You’ll also learn the observation skills you need, what are red flags that need referring and how to assess clients. PLUS of course how to plan your classes on the mat and Reformer. All in simple, straight forward, non medical terminology.

A full day via Zoom and this is just the start of The Confident Teacher series - much more to come! .

Recording and manual included. Endorsed by Focus Awards.

Pilates Tower Teacher Training





Expand your teaching skills and discover the versatility of the Pilates Tower with Claire’s Pilates Tower Teacher Training.

Designed for qualified Pilates teachers, this practical course explores how the Tower’s springs, bars and attachments can be used to add resistance, assistance and variety to traditional Pilates exercises.

Pilates Tower Teacher Training

You’ll learn a wide range of effective Tower exercises, together with modifications and progressions to suit different abilities, helping you create safe, challenging and engaging sessions for your clients.

With a strong focus on whole-body movement and the principles of the original Pilates method, the training will give you the confidence and practical skills to introduce Tower work into one-to-one sessions, small groups and dedicated Tower classes. One day Foundation Workshop at Claire's Pilates Studio.