PILATES™
REPUBLIC

PILATES REPUBLIC

TRAIN THE TRAINER TEACHING GUIDE



WELCOME TO PILATES REPUBLIC FOR THE PEOPLE ✌🏼

Pilates Republic is here to serve, motivate, and inspire our Melbourne community through movement while adding a sprinkling of magic and individual flare to every Pilates session.
We want the best for our people, and we know you can make that happen through the power of movement. You expect the highest standard of customer service and we understand that community and equality is at the heart of good business.

COURSE OVERVIEW

This course will guide its participants through a five-day workshop with a strong focus on the delivery of a dynamic, cardio driven, seamless Reformer and Mat Pilates session by adopting the Pilates Republic methodology. Our professional and experienced facilitators will assist our attendees in creating dynamic session plans, ensuring that the transitioning and sequencing are smooth, while using the correct spring and exercises choices.

Cueing, technique and the importance of instructor knowledge will be emphasised. We will also explore the important of building relationships with clients, stage presence and confidence.





NEXT INTAKE

FEBRUARY 2027

PART 1

SATURDAY + SUNDAY 6TH & 7TH (REFORMER WEEKEND)

Course Commences

IVANHOE STUDIO STUDIO - 14 IVANHOE PARADE, IVANHOE

PART 2

SATURDAY + SUNDAY 13TH & 14TH (MAT WEEKEND)

Break to complete shadow teaching & self-practice (log book)

IVANHOE STUDIO STUDIO - 14 IVANHOE PARADE, IVANHOE

BREAK

PART 3

SATURDAY + SUNDAY 27TH & 28TH (FINAL ASSESSMENTS)

FAIRFIELD STUDIO - 88B STATION ST, FAIRFIELD

Final day - Practical Assessments

Cost - $1500 including a 20 pack for self-practice hours (valued at $365).

ACCREDITATION AND RECOGNITION

Our course is accredited by AUSactive, Australia's leading industry body for exercise and active health.

This accreditation ensures our training meets the highest industry standards, helping you stand out within the Pilates industry.

Please note: To work with us, you will also need to hold a minimum Certificate III qualification (or equivalent).



LEARNING OUTCOMES

At the completion of this course participants will be competent in:

Leading a dynamic reformer and mat Pilates class.

Creating session plans where exercises flow together (blocking).

Planning classes with the appropriate transitions, sequences and spring choices.

Clearly and precisely cueing for:
Upcoming exercise and sequences, class flow, set up of exercise and providing technique tips throughout the session.

Providing individual help when needed in class, reinforcing technique, actively monitoring client's positions, movements and technique.

Mentioning muscles groups when facilitating a class and how to engage correctly while maintaining the quality of exercise.

Understanding the importance of building relationships with clients and maintaining them.

Understanding the importance of stage presence and keeping the clients engaged during exercise.

COURSE TIMELINE

25 hours face to face over 5 days
4 days consecutive- 2-week break for self practice and shadow teaching.
Final day will be dedicated to practical assessments.

5 days face to face over (25 hours)
Shadow Teaching (5 Hours)
Logbook (Self practice 20 classes)

There are nine assessments to be conducted over the course duration:
Written Assessment- Blocking and Chunking Exercises Reformer & Mat Pilates

Written Assessment- Spring Choice (Reformer Only)
Written Assessment- Session Planning Reformer & Mat Pilates

Practical Assessment- Leading a Dynamic Reformer and Mat Pilates Class
Shadow Teaching (5 Hours) & Logbook (Self practice 20 classes)





DELIVERY STATEGY

To provide a structured, informative, and fun dynamic Pilates course.

To be supportive, approachable and fair in delivering this programme.

To provide an open learning environment where all participants feel confident and empowered to work within their capabilities.

To provide a safe teaching and learning environment.
To treat all students and colleagues with respect, dignity and equality.

To be open to verbal feedback from participants. Every student will also have the opportunity to provide written feedback at the end of the course.

To be an ever-evolving service provided to ensure that the most up to date material and information is available to participants.

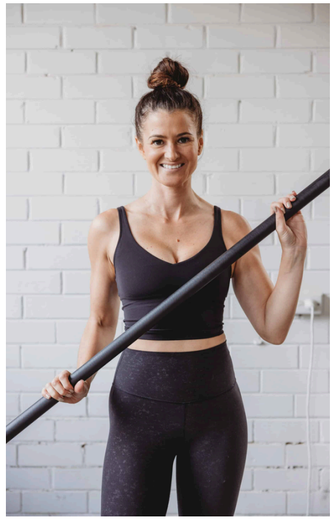
YOUR EDUCATORS

BIANCA

I’m Bianca, founder of Pilates Republic and lifelong lover of all things health and fitness.

I’ve been a fitness enthusiast for as long as I can remember, always inspired by the magic of movement and how it can completely transform the way we feel. Sure, I spent the early part of my career in the corporate world, but I could never shake that deep pull toward my first love of fitness.

Eventually, I realised I didn’t have to choose between passion and profession. I could combine my corporate savvy with my obsession for health, and then Pilates Republic was born in 2017.



KARA

Hi, I'm Kara! As a PR studio owner myself and head of training and development I bring over 12 years of experience from all aspects of the fitness industry to be a true advocate for the Pilates Republic methodology.

I'm passionate about inspiring, guiding and educating the next generation of Pilates enthusiasts, it truly is the best job on the planet!



YOUR EDUCATORS

ALYSSA



Hey! I’m Alyssa! Coming from a dance and sport background, I always knew I wanted to inspire people with movement. Starting as an instructor and growing into my current role as Training and Development Manager (Head of Reformer), I bring over 4 years of experience in teaching dynamic and uplifting Reformer and Hot Mat classes.

I always tell new trainers that class planning is my favourite challenge, seeing how I can puzzle everything together to challenge all abilities. I am super excited to continue sharing my passion by mentoring new instructors to be the best of the best!

AMELIA



Hey! Im Amelia! As Head of Training and Development for Hot Pilates, I bring over four years of experience mastering the art of teaching Reformer and Hot Pilates. I thrive on creating seamless, dynamic flows that challenge, energize, and inspire clients.

However I’ve found my passion truly is mentoring and educating new trainers, guiding them as they take their first steps into the Pilates industry, navigating everything from the perfect cue to creating a killer class plan. Combining technical expertise with a supportive, nurturing approach, I love helping both clients and trainers reach their full potential!



FREQUENTLY ASKED QUESTIONS

HOW MUCH TIME DO I NEED TO COMMIT?

You'll be committing to 50 hours in total. You can start your practice hours as soon as you've enrolled.

Face to Face (25 hours) | Shadow Teaching (5 Hours) | Logbook (Self practice - 20 classes)

I'M NEW TO PILATES, CAN I STILL ENROLL IN THE COURSE?

Yes, you certainly can! It is open to everyone seeking to upskill or learn how to teach a dynamic style of Pilates.

It is our policy that all emerging Pilates Republic employees complete the Train The Trainer academy.

Pending the successful completion of all assessments and Employment forms are lodged , Reference checks successful, Interview process is complete
you may be prioritised for a role within our PR studios.
To officially teach Pilates, you will need to hold a relevant fitness qualification.

At Pilates Republic, our minimum requirement is cert 3 in fitness or the equivalent to ensure you understand the foundations of the
anatomy and physiology.



FREQUENTLY ASKED QUESTIONS

IS THE COURSE ACCREDITED?

Our course is accredited by AUSactive, Australia & leading body for exercise and active health. This accreditation ensures our training meets the highest industry standards ensuring you stand out in the Pilates industry.

HOW WILL PILATES REPUBLIC SUPPORT ME?

We've got your back. Our expert instructors and step-by-step curriculum ensure that you are receiving the right support. You will have access to asking the educators questions 24/7 via email.

For those trainers who are employed with Pilates Republic once accredited, you will have the ongoing support of assessments and verbal and written feedback from the training team.

DO I NEED A REFORMER AT HOME?

No, a reformer at home is not required. Your 20 hours of self practice are to be conducted in a Pilates studio.

WILL I BE TRAINING IN THE HOT ROOM?

Hot Mat training will be conducted in the hot room, maintained at a temperature of 36°C. Should you have any medical conditions that prevent you from training in the hot room, please inform us prior to enrolling in the TTT course.



FREQUENTLY ASKED QUESTIONS

CAN I COUNT MY CURRENT PILATES CLASSES TOWARDS OBSERVATION HOURS?

Absolutely. If you're already hitting the studio, we'll count those hours towards your self practice hours before the beginning of the course.

These hours can commence as soon as you've enrolled so you don't have to wait until the block 5 break.

DO YOU OFFER PAYMENT PLANS?

Yes, you can split your payments into two easy instalments.
The first payment of $500 secures your spot once enrolment is successfully.

The remaining $500 is due 2 weeks before the course commencement date.

THANK YOU

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https://pilatesrepublic.net

