



Fitness Pilates Training Course

Fitness
Pilates

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to go

With Choreographytogo



Fitness Pilates Training Course Created By Rachel Holmes.

Choreography To Go is owned by Rachel Holmes and has been providing Fitness Education workshops, training, events and courses since 2002.

In 2007 Choreography To Go became endorsed by Active IQ as an official provider to deliver Level 2 and Level 3 Fitness Qualifications.

Please read through our brochure for more information.



Fitness Pilates is recognised by CIMSPA, EMD and Fitpro.



We pride ourselves on educating our learners to the highest standard and maintain a 98% pass rate across our nationwide courses.



We guarantee your success and will do everything possible to provide a fabulous learning experience.



Choreographytogo is an Active IQ Training Provider and Endorsed By CIMSPA. We advocate and work closely with CIMSPA in furthering educational standards in the fitness industry.

CIMSPA
ENDORSED

Active iQ

Rachel Holmes



Choreographytogo Director and Founder.

Rachel Holmes has 33 years experience as a Fitness Educator and International Presenter and has written additional training lectures and modules supporting your Pilates learning journey.



Rachel@choreographytogo.com



@rachellholmes

Kelly Reed-Banks



Head Course Tutor.

International Presenter Kelly Reed-Banks delivers the course and works with you from the moment you book, providing ongoing support and guidance to well after you have passed and are teaching.



Kelly@choreographytogo.com



@kellyreedfitness

What is Fitness Pilates?

Fitness Pilates was created by Rachel Holmes in 2002 as a fitness/group exercise version of traditional Pilates delivered in a contemporary style for qualified Fitness Professionals.

It began as a workshop called Equilibrium which fused Pilates with Stretch and Yoga and transformed into Fitness Pilates in 2002/2003.

Rachel began running workshops and training course around the UK, Europe and North America from 2003.

The training updates annually and incorporates new exercise and movement science but has its roots firmly in traditional Pilates and Controlology.

Fitness Pilates is a group exercise class that focuses on the body as a human kinetic chain. By applying the fundamental Pilates technique and exercises Fitness Pilates aims to offset musculoskeletal imbalances, improve posture, movement quality, mobility, flexibility, mental cognition, core strength, form and function in a non-intimidating, highly accessible and enjoyable way.

What is the aim of Fitness Pilates?

The aim of Fitness Pilates is to identify basic postural and movement imbalances and through Pilates based exercises and breath:

- Increase muscular balance and strength.
- Improve clients posture.
- Facilitate the clients' ability to optimally function occupationally and recreationally.
- Improve core strength.
- Improve mental cognition.
- Fitness Pilates aims to education learners in Pilates techniques with a modern and contemporary style.

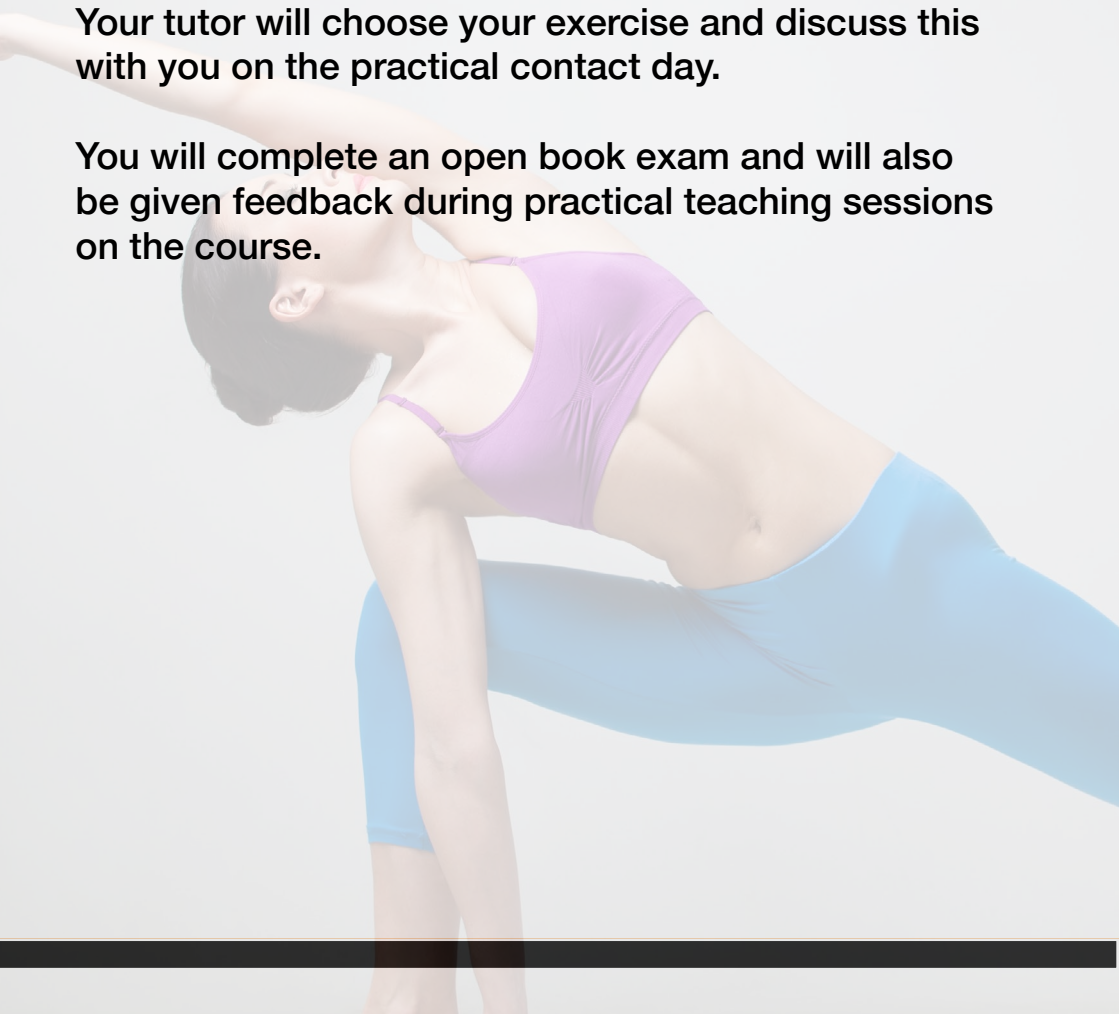


How is the course assessed?

You will go away and film yourself teaching 1 Fitness Pilates Exercise with progressions and regressions, teaching skills, personality, anatomical cueing and imagery.

Your tutor will choose your exercise and discuss this with you on the practical contact day.

You will complete an open book exam and will also be given feedback during practical teaching sessions on the course.



FAQ

1. I have no Pilates experience but I am a qualified Level 2 ETM/GYM Instructor can I attend this course?

Yes of course, attend as many Pilates classes as you can before you attend.

2. Is your Fitness Pilates “official” Pilates course?
Fitness Pilates is a brand and is endorsed by CIMSPA, FitPro, And EMD – You can get a bursary from EMD towards your course.

3. Once I have qualified am I able to call my class Fitness Pilates?

Yes you will be a Fitness Pilates Qualified Instructor.

4. Am I able to pay for the course in stages?

Unfortunately not, the full course price must be paid at time of booking.

5. Do I get any other course materials with the course?

Yes, you will receive a PDF manual, access to the Online eLearning portal.

Questions?

For more information on our Fitness Pilates training please contact:

Rachel@Choreographytogo.com

or call Rachel Holmes 07976 268672

Sign up to our Newsletters for updates:

Fitness Pilates: <https://www.choreographytogo.com/fitness-pilates-newsletter/>

Choreographytogo: <https://www.choreographytogo.com/c2go-newsletter/>



Course Reviews

Jackie Canham – February 9, 2018

I did this course with Kelly Reed Banks, it was great. Kelly was really knowledgeable, very helpful and patient. It was packed with information and you always felt you could ask if there was something you were unsure of. The two days went so quickly (and I was sorry it was over) I wouldn't hesitate to recommend this course.

Rated 5 out of 5

Nicki Westacott – February 9, 2018

I did Rachel's Fitness Pilates course many years ago and it is one of my most successful classes.

The course provided lots of material to allow me to create an interesting and varied class from day one, and there are always new ideas and variations being posted through her Facebook groups. I thoroughly recommend Fitness Pilates for any Group Fitness Instructor. I ran classes in the UK for several years and then brought them out to Australia where they are going from strength to strength.

Rated 5 out of 5

Christine Coker – February 10, 2018

I trained for this qualification back in 2016. All i can say is that it is one of the best moves i have made! Great content, and i started teaching straightaway. You do need to be practicing Pilates before going onto the course, this helps. Really recommend this as a gateway into teaching Pilates.

Rated 5 out of 5

Roni – September 22, 2018

I've only just completed this 2 day course and absolutely loved it. Kelly is a fantastic tutor, very thorough , patient , helpful and encouraging. Just go for it and enjoy! I'm looking forward to putting it into practice!

Other Courses from C2GO

Active IQ Level 2 Certificate in Fitness Instructing (ETM)

Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 Certificate in Fitness Instructing (Gym)

Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness (Aqua)

Ofqual Accreditation Number 500/9640/0

Active IQ Level 2 Award in Adapting Fitness Instruction for Adolescents

Ofqual Accreditation Number 500/7244/4

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness (Children)

Ofqual Accreditation Number 500/9640/0

Active IQ Level 3 Award in Designing Pre and Post Natal Exercise Programmes

Ofqual Accreditation Number 500/6776/X

Active IQ Level 3 Diploma in Personal Training

Ofqual Accreditation Number 603/0895/3

Active IQ Level 3 Diploma in Instructing Pilates Matwork

Ofqual Accreditation Number 501/1778/6

Active IQ Level 2 Award In Instructing Kettlebells

Ofqual Accreditation Number 600/4089/0

Active IQ Level 3 Award in Nutrition for Exercise and Health

Ofqual Accreditation Number 603/2784/4



**Thank you for choosing your learning provider
choreographytogo.com**

