A photograph showing the lower legs and feet of several people in a Pilates class. They are standing on purple mats on a light-colored wooden floor, performing a side lunge or similar movement. The person in the foreground is wearing dark blue leggings with a light grey stripe down the side. The background is slightly blurred, showing other participants in various colored tops (pink, blue).

# **Active IQ Level 3 Diploma in Pilates Prospectus**



**With Choreographytogo**



**Active IQ Level 3 Diploma in Pilates with Rachel Holmes and Kelly Reed-Banks.**

**Ofqual Accreditation Number 501/1778/6**

**Choreography To Go is the official Level 3 Pilates Training Provider For Virgin Active Health Clubs.**

**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.**



# Why train with Choreography To Go?

Choreography To Go has been running the Level 3 Pilates Matwork Diploma with Active IQ for over 9 years. We offer a modern, forward thinking and intelligent course giving our learners the full qualification syllabus plus additional training in Functional and Progressive Pilates, Small Equipment/Special Populations, Business Building plus ongoing support post course; with our Level 3 Pilates dedicated online portal and student Facebook group.



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

# When booking this course you will receive

- A log in to the Level 3 Online Video Dashboard.
- Level 3 Manual as a Downloadable Document.
- 1 week before the course begins your tutor will be in touch to welcome you.
- Assessment is filmed.



# What does this course entail?

- Fill in the portfolio (LAP) – After completing the 3 days you will prepare a case study on 1 person including plans/progressions and options through 6 weeks of lessons.
- You will par q the group and document how you progress them. This is a simple process and once we show you how to fill in your portfolio is very straight forward and logical.
- Film yourself teaching a full 45 minute session of your group and send it to us for your practical assessment.



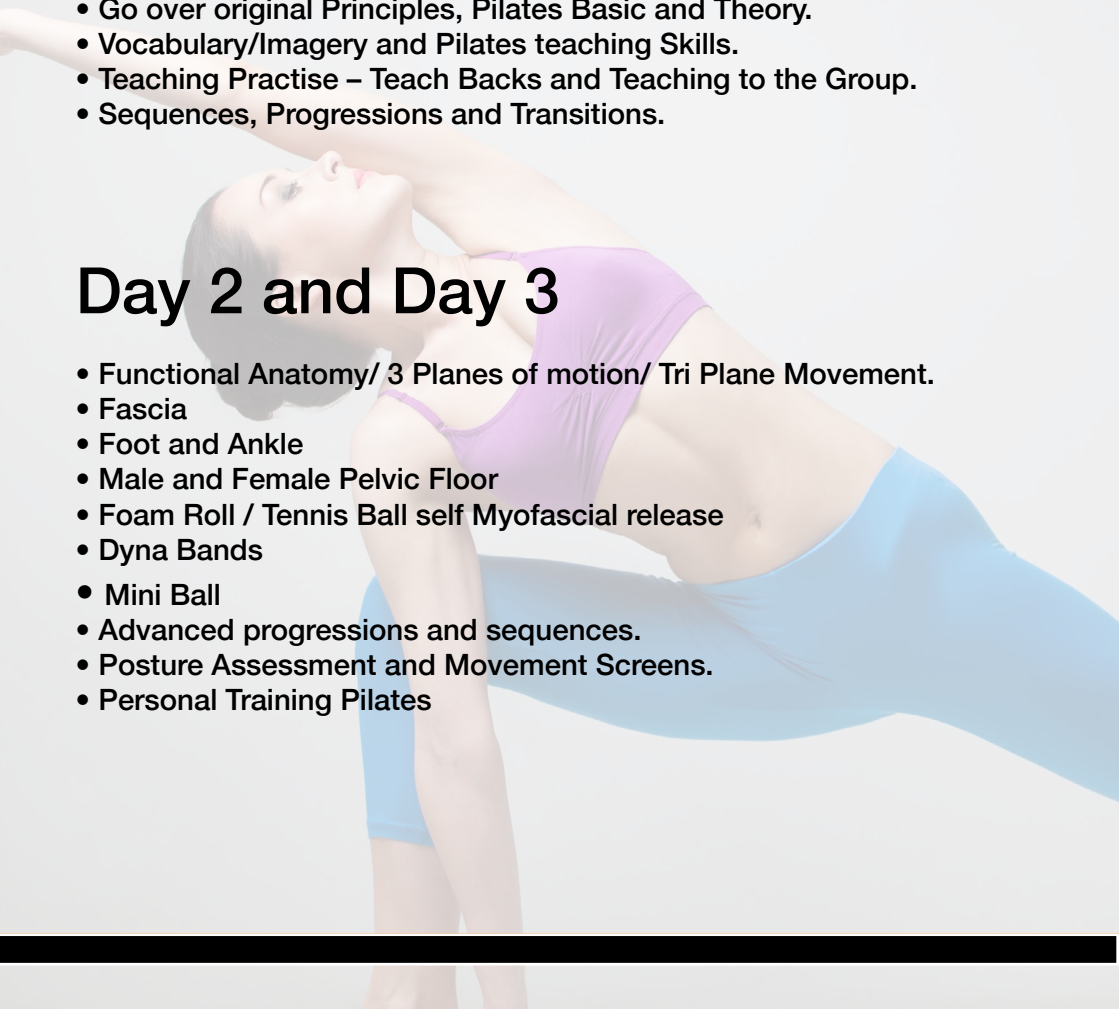
# Level 3 Course Content

## Day 1

- Evolution of the original 34 mat work exercises.
- Go over original Principles, Pilates Basic and Theory.
- Vocabulary/Imagery and Pilates teaching Skills.
- Teaching Practise – Teach Backs and Teaching to the Group.
- Sequences, Progressions and Transitions.

## Day 2 and Day 3

- Functional Anatomy/ 3 Planes of motion/ Tri Plane Movement.
- Fascia
- Foot and Ankle
- Male and Female Pelvic Floor
- Foam Roll / Tennis Ball self Myofascial release
- Dyna Bands
- Mini Ball
- Advanced progressions and sequences.
- Posture Assessment and Movement Screens.
- Personal Training Pilates



# FAQ

## **1: What Is The Ofqual Accreditation Number?**

Ofqual Accreditation Number 501/1778/6

## **2: Is Choreographytogo An Approved Training Provider?**

Yes – Here is a link to Active IQ website and CIMSPA:

<https://www.activeiq.co.uk/centres-info/choreography-to-go/>

## **3: How Am I Assessed For This Qualification?**

Coursework/Project, Multiple Choice Examination, Portfolio of Evidence, Practical Demonstration/ Assignment/Assessment.

<https://www.activeiq.co.uk/qualifications/level-3/active-iq-level-3-diploma-in-instructing-pilates-matwork/>

## **4: What Is The Aim Of This Qualification?**

The aim of this qualification is to provide learners with the skills and knowledge to enable them to be professionally competent to design, plan and deliver safe and effective Pilates classes.

## **5: How Many Contact Days Do I have To Attend?**

There are 3 full contact days and an online learning dashboard and portal with course support and back up; plus a hard copy manual.



# Questions?

For more information on our Level 3 Pilates training  
please contact:  
[Kelly@Choreographytogo.com](mailto:Kelly@Choreographytogo.com)

**Sign up to our Newsletters for updates:**

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

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



### stephanie kredteck

"Great choreography ideas and up to date exercises for pilates classes today.Great teaching and support from Kelly course tutor who guides you all the way."



#### LEVEL 3 PILATES

Rachel Harrison

I decided to do it because although I'd done the basic course, I was being asked to do lots of cover for very experienced instructors, I need the extra confidence and knowledge to feel happy with what I was offering to classes. It also enabled me to gain my own classes in gym studios/settings (many require L3)

The course was really relaxed. We had a timetable but it was very fluid so there was a very 'inviting' atmosphere to encourage questions and queries. Once home, we were able to send sections off from our portfolio to be checked over before final submission- so I always felt that I was on the right track. I teach most of my classes in gym studios and one in a hotel spa setting I teach a total of 5.

Would highly recommend the course. I would add that the course gives you the information to achieve L3. If you want to excel in this field, it gives you the tools to continue with your own CPD. Reading lists, videos and encouragement to team teach to continue expanding knowledge, as well as 'add on' modules for specific populations. To continue with my CPD using the videos and information from Rachel and other sources.



#### LEVEL 3 PILATES DIPLOMA

Charlotte monks

"I have done most of my fitness qualifications with C2Go so for level 3 Pilates I didn't hesitate to where to go. The course content was thorough and the worksheets and assessments straight forward after studying it. I did my contact days in Derby which was at the David Lloyd club which was a great facility. Nicola was a great tutor, very supportive and ensured we understood all the exercises and modifications by working through them ourselves in groups. We learnt how to teach classes with mini balls, bands and gliders too. I run 4 classes in the local community which are all full and do 5 separate 1:1 pilates sessions. I also went on to do the pilates for Orthopaedic conditions. A great courses highly recommend."



#### LEVEL 3 PILATES

Andrea Davies

"A very professional, dynamic and informative course with Choreography to go, and instructor Kelly Reed. As a fitness instructor and Sports Massage Therapist this has definitely added to my knowledge, I'm glad I decided to pursue, and further my career as a Pilates instructor. I feel really motivated, the instructor was an inspiration. Can't wait to pass this course and continue with Choreography to go, to hopefully further my career in this field. Would highly recommend."



#### LEVEL 3 PILATES

Nicola Leigh

"I really enjoyed the training days I learnt a lot , I am dyslexic so I find the writing side of it hard , Kelly was very good with me and made me feel very comfortable ."



#### LEVEL 3 PILATES

Irene Gibson

"I did the course 2 years ago. Not only were the contact days great with lots of ideas and information crammed in but the help and support outside of the course was brilliant. Quick responses and sound advice right through the time it took to get qualified. Would highly recommend doing a course with Kelly and Rachel!"



#### LEVEL 3 PILATES

# 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](https://choreographytogo.com)**

