



# Level 4 Certificate in Instructing Pilates Mat Work



With Choreographytogo



**Level 4 Certificate in Instructing Pilates Mat Work**  
**Ofqual Accreditation Number 600/6982/X**

**Choreography To Go Fitness Education Training Provider.**

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. In 2019 C2go Started the Level 4 Qualification.

Please read through our brochure for more information.



## Why train with Choreography To Go?

The aim of this qualification is to provide learners with additional teaching skills enabling them to work with a range of clients and small equipment.



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.





## 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

Head Course Tutor.

International Presenter Kelly Reed 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

## Entry Requirements

Learners need to hold the Active IQ Level 3 Diploma in Instructing Pilates Matwork or equivalent.  
Learners need to have had a minimum of 6 – 12 months experience in instructing pilates matwork post qualifying at level 3.



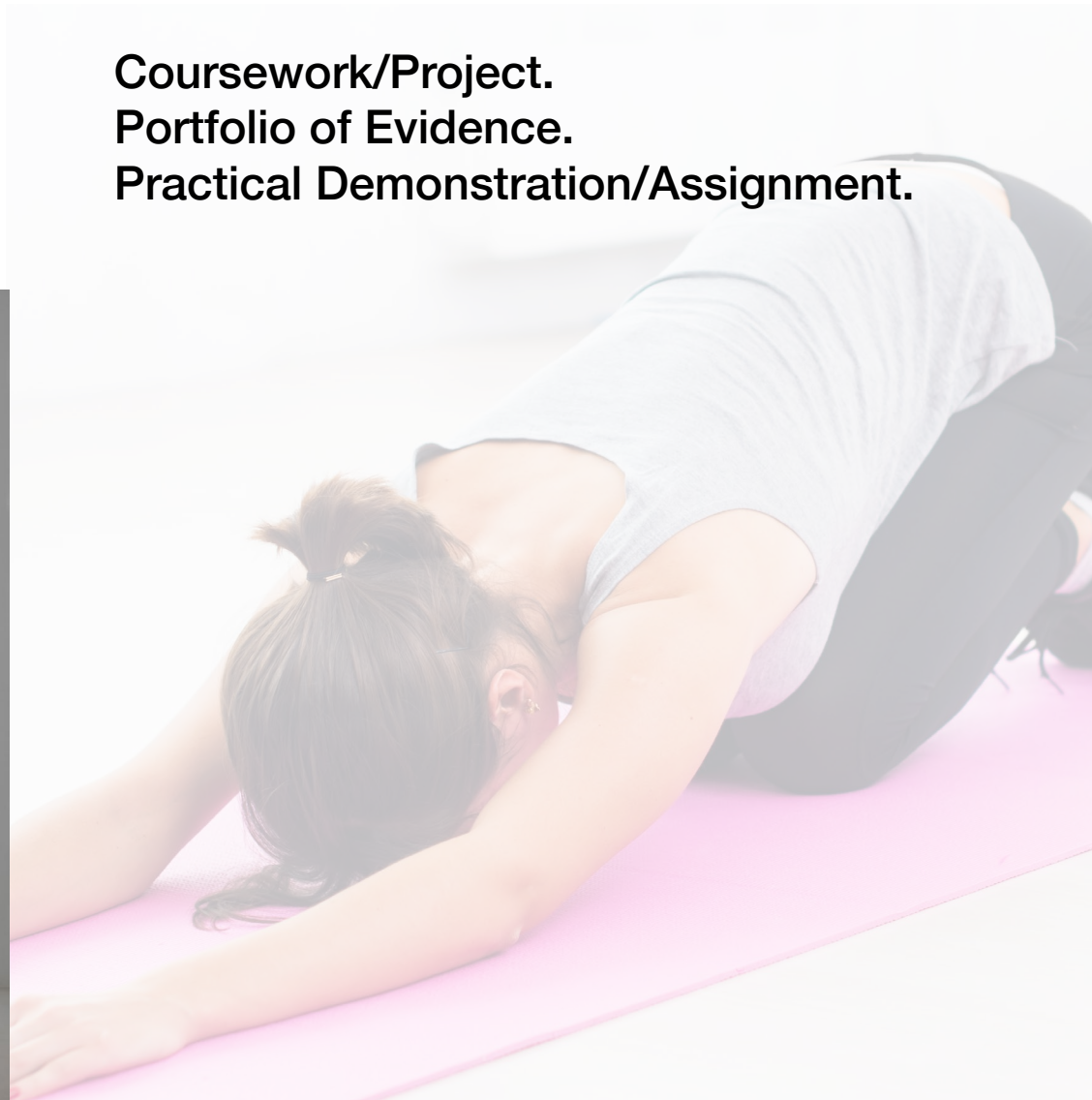
## What does this course entail?

Learners must attend 4 live training days, complete all 3 mandatory units (11 credits) in Group A and a minimum of 7 credits from the optional units in Group B. A minimum of 3 credits must come from Group B special populations.



## This course is assessed by

**Coursework/Project.**  
**Portfolio of Evidence.**  
**Practical Demonstration/Assignment.**





# FAQ

## 1: What Is The Ofqual Accreditation Number?

Ofqual Accreditation Number 600/6982/X

## 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.

## 4: Where can I find more information on this qualification?

<https://activeiq.co.uk/qualifications/level-4/active-iq-level-4-certificate-in-instructing-pilates-matwork>

## 5: Do I have to attend any live training?

yes the course includes 4 days of live training.

# Questions?

For more information on our 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/>



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

