

choreo
graphy
togo

Education

PROSPECTUS

CORPORATE FITNESS TRAINING AND
QUALIFICATIONS

Active iQ

 **CIMSPA** | Training
Education Partner Provider

CHOREOGRAPHYTOGO.COM





TRAIN YOUR TEAM

Do you want to train to teach fitness?
 Do you have a team you want to certify in a
 Fitness course or qualification?

We have a wide range of courses to suit your needs and we run these live or online.

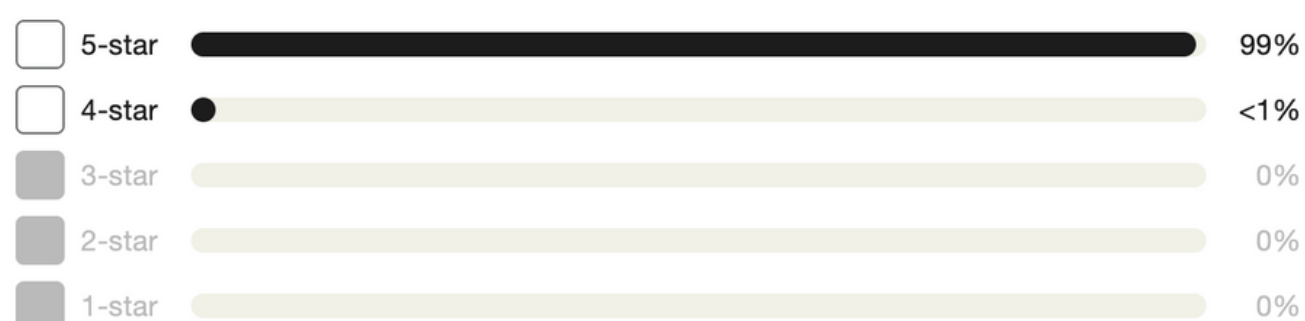


Choreography To Go

Reviews 123 • Excellent
 ★★★★★ 4.9 ⓘ
 ✓ VERIFIED COMPANY

Reviews ★ 4.9

123 total



OPTIONS:

- Group Bookings Online ✓
- Single Online Bookings ✓
- Live In House Training ✓
(for groups only)

Visit Our Website
choreographytogo.com

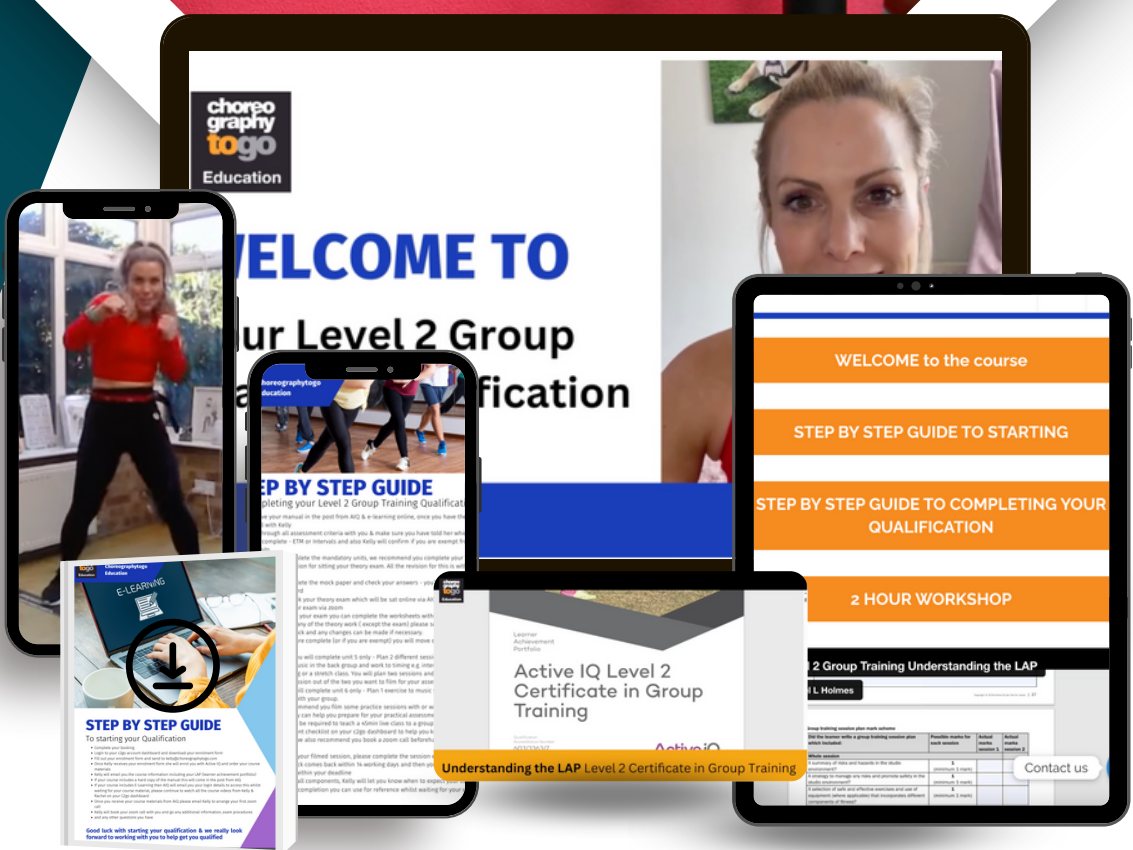


Contact Us
 07976 268672





OUR COURSES INCLUDE:



**ONLINE
COURSES &
QUALIFICATIONS**

- Level 2 Group Fitness ✓
- Level 3 Pre and Post Natal ✓
- Level 3 Older Adults ✓
- Level 3 Education and Training ✓
- Level 3 Water Based Exercise ✓
- Level 3 Pilates Diploma ✓
- Level 4 Pilates Diploma ✓
- Fitness Pilates Training Course ✓
- Level 3 Nutrition for Exercise and Health ✓
- Step Certification ✓
- Menofit™ ✓
- Seniors Strong™ ✓
- Sit Fitness ✓
- Lift Lean™ ✓
- Buggy Beat ✓
- Walkfit™ ✓



QUALITY LEARNING EXPERIENCE

We host our courses on an easy to use online learning platform and provide a dedicated Tutor for a high quality learning experience.



Our top Tutors have years experience delivering these courses and ensuring your team pass!

ASK US about in house face to face training



OUR QUALIFICATIONS

Unlock Your Team's Potential

LEVEL 2 CERTIFICATE IN GROUP TRAINING

- No previous qualifications needed
- Industry standard to teach fitness
- Qualifies the individual to teach group fitness classes.

LEVEL 2 AWARD IN INSTRUCTING WATER BASED EXERCISE

- Level 2 fitness qualification required
- Train to teach aqua fitness

LEVEL 2 AWARD IN INSTRUCTING KETTLEBELLS

- Level 2 fitness qualification required
- Train to teach kettlebell fitness classes



**We achieve a
99% pass rate**

OUR QUALIFICATIONS

Unlock Your Team's Potential

LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS

- Level 2 fitness qualification required
- An important addition to any fitness instructors knowledge

LEVEL 3 PILATES MATWORK DIPLOMA

- No previous qualifications required
- This qualifies the individual to teach pilates classes

LEVEL 4 PILATES MATWORK DIPLOMA

- Level 3 Pilates Matwork Diploma required to do this course.
- In depth specialist, highest qualification available in pilates.



OUR QUALIFICATIONS

Unlock Your Team's Potential

LEVEL 3 AWARD IN EDUCATION AND TRAINING

- Qualify to teach in the qualifications you already hold
- A fantastic career opportunity

LEVEL 3 AWARD IN DESIGNING EXERCISE PROGRAMMES FOR OLDER ADULTS

- Level 2 fitness qualification required
- Train to teach senior fitness

LEVEL 3 AWARD IN DESIGNING PRE AND POST NATAL EXERCISE PROGRAMMES

- Level 2 fitness qualification required
- Train to teach pre and post natal clients safely



OUR QUALIFICATIONS

Unlock Your Team's Potential

LEVEL 3 AWARD IN NUTRITION FOR EXERCISE AND HEALTH

- Level 2 fitness qualification required
- Offer nutritional programmes

LEVEL 3 AWARD IN INSTRUCTING OUTDOOR FITNESS

- Level 2 fitness qualification required
- Train to teach outdoor fitness safely



OUR CERTIFICATIONS

Unlock Your Team's Potential

FITNESS PILATES TRAINING COURSE

- Level 2 fitness qualification required
- Train to teach Fitness Pilates
- Our most popular course
- Fitness Pilates branding

STEP CERTIFICATION

- Level 2 fitness qualification required
- Train to teach step fitness classes

MENOFIT TEACHER TRAINING

- Level 2 fitness qualification or insurance required
- Train to teach peri/post/menopausal clients
- Menofit Branding



OUR CERTIFICATIONS

Unlock Your Team's Potential

LIFT LEAN TEACHER TRAINING

- Level 2 fitness qualification required
- Offer strength training classes live or online
- Lift Lean Branding

SENIORS STRONG TEACHER TRAINING

- Level 2 fitness qualification required
- Train to teach seniors with this fantastic Seniors Strong brand

BUGGY BEAT TEACHER TRAINING

- Level 2 fitness qualification required
- Train to teach outdoor cross training for parent and baby



OUR CERTIFICATIONS

Unlock Your Team's Potential

FLEX TEACHER TRAINING

- Level 2 fitness qualification required
- Train to teach the Flex brand- flexibility and mobility

BRAINFIT TEACHER TRAINING

- Level 2 fitness qualification required
- Train to teach the Brainfit brand- meditation and movement

WALKFIT TEACHER TRAINING

- Level 2 fitness qualification required
- Train to teach the Walkfit brand- perfect for beginners



OUR CERTIFICATIONS

Unlock Your Team's Potential

SIT FITNESS TEACHER TRAINING

- Level 2 fitness qualification required
- Train to teach the Sit Fitness brand- seated fitness classes

PLUS A WIDE RANGE OF MASTERCLASSES, BUSINESS TRAINING, CONTINUED CPD AND MORE!

Choose your qualifications/ courses and get in touch.

We will need the attendees full names and email addresses to create their online learning accounts.

Please ensure each member is suitably qualified for each course.

Need any help? We have a team here to help with any technical/ learning problems and questions.

Visit Our Website
choreographytogo.com



Contact Us
07976 268672



RH
STUDIO
LIVE

ONCE STAFF ARE QUALIFIED THEY CAN JOIN STUDIO LIVE TO ACCESS DAILY CLASS CONTENT, MASTERCLASSES AND CHOREOGRAPHY.

YOUR ORGANISATION CAN JOIN AS A CORPORATE MEMBER.

STUDIO LIVE

- ✔ Studio Live class content library
- ✔ Daily choreography for your instructors
- ✔ A wide range of classes and ideas daily
- ✔ Live classes and replays
- ✔ Keep your classes fresh and exciting
- ✔ Group memberships
- ✔ A wide range of top Presenters

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