

We offer four (6) Internationally Aligned and Certified Teacher Training Qualifications:

Course Name & Hours	Course Material	Course Dates	Course Fees (Vat Incl.)
1.1 Pilates Mat & Small Equipment Course Total Course Hours = 85 Hours <i>(inclusive of lecture hours, tests, tutorials which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 60 hours)</i> Self-Practice: 23 hours Observation: 14 hours Teacher Training: 23 hours *** See process below page 2*** NB- SEE PAGE 7 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES *** The studio is available for FREE self-practice and observation of classes*** **Lectures can be done on a private (one-on-one) basis 1 Tutorial (2 hours)	-Mat Levels 1; 2 & 3 <i>(Basic to Advance)</i> ; -History of Pilates. -Code of Ethics & Practice. -Guidelines for Teaching and Professionalism. -Anatomy. -Faulty Posture Patterns. -Injuries & Pathologies. -Exercise Recommendations & Contra-indications. -Exercise Adaption <i>(Variations & Modifications)</i> . -Pregnancy. -Muscle and Goal description per exercise. -Various Use of Props & Small Equipment (incl. Barre & TRX). -Program Flow & Program examples; and -Teaching & Cueing Skills NB- SEE PAGE 5 FOR COURSE RECOGNITION	Next course starts Friday 09 October 2026 *Students have 1 calendar year to complete the Course*	Group Fees: R16200 (Once-off payment) Online Exercise Videos + Manuals included in fee. Payment Plan: R8100 x 2 monthly installments. R5400 x 3 monthly installments R4050 x 4 monthly installments R3240 x 5 monthly installments R2700 x 6 monthly installments Private Fees: R18700 (Once-off payment) Online Exercise Videos + Manuals included in fee. Payment Plan: R9350 x 2 monthly installments. R6233 x 3 monthly installments R4675 x 4 monthly installments R3740 x 5 monthly installments R3167 x 6 monthly installments Additional ONCE-OFF Fees: (Vat incl.) -Group Exam Registration fee: R3000 - Private exam Registration fees are subject to confirmation *FEES ARE SUBJECT TO CHANGE*
1.2 Pilates Mat <u>AND</u> Pilates Intensive Reformer COMBO Total Course Hours = 155 Hours <i>(inclusive of lecture hours, tests, tutorials which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 117 hours)</i> Self-Practice: 45 hours Observation: 27 hours Teacher Training: 45 hours *** See process below page 2*** NB- SEE PAGE 7 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES *** The studio is available for FREE self-practice and observation of classes*** **Lectures can be done on a private (one-on-one) basis 2 Tutorials (2 hours each) (1 Mat & 1 Reformer)	Mat Levels 1; 2 & 3 <i>(Basic to Advance)</i> ; -History of Pilates. -Code of Ethics & Practice. -Guidelines for Teaching and Professionalism. -Anatomy. -Faulty Posture Patterns. -Injuries & Pathologies. -Exercise Recommendations & Contra-indications. -Exercise Adaption <i>(Variations & Modifications)</i> . -Pregnancy. -Muscle and Goal description per exercise. -Various Use of Props & Small Equipment (incl. Barre & TRX). -Program Flow & Program examples; and -Teaching & Cueing Skills - Reformer exercises <i>(Basic to Advanced levels)</i> ; AND Muscle Imbalances; Exercise Objectives; Exercise Modifications; Neuromuscular Re-education & Movement Training; Pregnancy; Construction of Programs, Examples and Program Flow; Injuries, Pathologies, & Tests; Teaching & Cueing Skills NB- SEE PAGE 5 FOR COURSE RECOGNITION	Next course starts Friday 09 October 2026 the Mat section, followed by the Reformer section on 06 November 2026 *Students have 1,5 calendar year to complete the Course*	Group Fees: R27000 (Once-off payment) Online Exercise Videos + Manuals included in fee. Payment Plan: R12625 x 2 monthly installments. R9000 x 3 monthly installments R6750 x 4 monthly installments R5400 x 5 monthly installments R4500 x 6 monthly installments Private Fees: R30750 (Once-off payment) Online Exercise Videos + Manuals included in fee. Payment Plan: R10250 x 3 monthly installments R7688 x 4 monthly installments R6150 x 5 monthly installments R5125 x 6 monthly installments Additional ONCE-OFF Fees: (Vat incl.) -Group Exam Registration fee: NOTE *there will be a separate Mat & Reformer Exam. Each of which will be subject to a group exam fee of R3000 per exam* - Private exam Registration fees are subject to confirmation *FEES ARE SUBJECT TO CHANGE*

1.3 Pilates Comprehensive Course (A combination of Pilates Mat & Small Equipment AND Pilates Large Equipment) Total Course Hours = 315 Hours <i>(inclusive of lecture hours, tests, tutorials which is credited)</i> <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 290)</i> Self-Practice: 100 hours Observation: 90 hours Teacher Training: 100 hours *** See process below page 2*** NB- SEE PAGE 7 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES *** The studio is available for FREE self-practice and observation of classes*** **Lectures can be done on a private (one-on-one) basis 3 Tutorials (2 hours each)	-This is the FULL COURSE comprising of the Mat & Small Equipment above and the Pilates Large Equipment (Machines); • Reformer • Cadillac • Chair • Ladder Barrel • Arc Barrels <i>(Basic to Advanced levels); AND</i> -Muscle Imbalances; Exercise Objectives; Exercise Modifications; Pregnancy; Auto-Immune Diseases; Additional Injuries & Pathologies not covered in the Mat program; Teaching & Cueing skills; Program Flow and Program Examples. NB- SEE PAGE 6 FOR COURSE RECOGNITION	- Next course starts Friday 09 Oct 2026 with the Pilates Mat Section; and - Date to be confirmed for the next section which encompasses the Large Equipment (Reformer; Tower/Cadillac; Chair; and Barrels) *Students have 1.5 calendar years to complete the Course*	Group Fees: R45000 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan:</u> R11250 x 4 monthly installments. R9000 x 5 monthly installments R7500 x 6 monthly installments Private Fees: R50500 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan:</u> R12625 x 4 monthly installments. R10100 x 5 monthly installments R8417 x 6 monthly installments <u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R4000 -Private exam Registration fees are subject to confirmation *FEES ARE SUBJECT TO CHANGE*
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Comprehensive Conversion Course: This is the Large Equipment [Pilates Machines] section of the Comprehensive Pilates course. **Note:** A Pilates Mat Course is a prerequisite.

1.4 Total Course Hours = 230 Hours (inclusive of lecture hours, tests, tutorials which is credited) <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 195)</i> Self-Practice: 70 hours Observation: 55 hours Teacher Training: 70 hours *** See process below page 2*** NB- SEE PAGE 7 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES *** The studio is available for FREE self-practice and observation of classes*** **Lectures can be done on a private (one-on-one) basis A pre-requisite is a Pilates Mat Course qualification as indicated in 1.1 above	Pilates Large Equipment (Machines); • Reformer • Cadillac • Chair • Ladder Barrel • Arc Barrels <i>(Basic to Advanced levels); AND</i> -Muscle Imbalances; Exercise Objectives; Exercise Modifications; Pregnancy; Auto-Immune Diseases; Additional Injuries & Pathologies not covered in the Mat program; Teaching & Cueing Skills; Program Flow and Program Examples. NB- SEE PAGE 6 FOR COURSE RECOGNITION	Date to be confirmed *Students have 1.5 calendar years to complete the Course* 2 Tutorials (2 hours each)	Group Fees: R29000 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan:</u> R7250 x 4 monthly installments. R5800 x 5 monthly installments R4833 x 6 monthly installments Private Fees: R34000 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan:</u> R8500 x 4 monthly installments. R6800 x 5 monthly installments R5667 x 6 monthly installments <u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R4000 -Private exam Registration fees are subject to confirmation *FEES ARE SUBJECT TO CHANGE*
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*** Practical Hours explained***

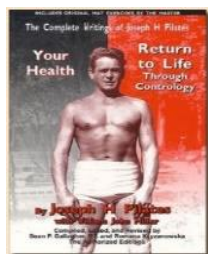
Self-Practice – Take a video of yourself doing self-practice. Send a screenshot of the video Information along with your logsheet as proof of evidence.

Observation- Watching a Pilates class on Google Meet (We send the link). Make notes during this observation. These notes have to be emailed to us along with your logsheet as proof of evidence.

Teacher Training – Take a video of yourself teaching a class. Send a screenshot of the video Information along with your logsheet as proof of evidence.

Intensive Reformer Course: **NB:** A Pilates Mat course is a prerequisite.

1.5 Total Course Hours = 70 Hours (inclusive of lecture hours, tests, tutorials which is credited) <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 56)</i> Self-Practice: 22 hours Observation: 12 hours Teacher Training: 22 hours NB- SEE PAGE 7 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES *** The studio is available for FREE self-practice and observation of classes *** **Lectures can be done on a private (one-on-one) basis 1 Tutorial (2 hours)	- Reformer exercises (<i>Basic to Advanced levels</i>); AND -Muscle Imbalances; Exercise Objectives; Exercise Modifications; Neuromuscular Re-education & Movement Training; Pregnancy; Construction of Programs, Examples and Program Flow; Injuries, Pathologies, & Tests; Teaching & Cueing Skills. NB- SEE PAGE 6 FOR COURSE RECOGNITION	Next course starts Friday 06 November 2026 *Students have 1 calendar year to complete the Course*	Group Fees: R15000 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan:</u> R7500 x 2 monthly installments. R5000 x 3 monthly installments R3750 x 4 monthly installments R3000 x 5 monthly installments R2500 x 6 monthly installments Private Fees: R17500 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan:</u> R8750 x 2 monthly installments. R5833 x 3 monthly installments R4375 x 4 monthly installments R3500 x 5 monthly installments R2917 x 6 monthly installments Additional ONCE-OFF Fees: (Vat incl.) -Group Exam Registration fee: R3000 -Private exam Registration fees are subject to confirmation. *FEES ARE SUBJECT TO CHANGE*
1.6 Pilates Wunda Chair Course Total Course Hours = 45 Hours (<i>inclusive of lecture hours, tests, tutorials which is credited</i>) <u>Breakdown of Practical Hours:</u> <i>(Total Practical Hours are 30)</i> Self-Practice: 11 hours Observation: 8 hours Teacher Training: 11 hours NB- SEE PAGE 7 FOR ADDITIONAL PRACTICAL HOURS/ MENTORSHIP POST LECTURES *** The studio is available for FREE self-practice and observation of classes *** **Lectures can be done on a private (one-on-one) basis	This is an intensive course. A pre-requisite for this course using the Chair as the apparatus is the Pilates Mat and Small Equipment course. Candidates that have completed this Pilates Chair course will be equipped to instruct group clients as well as individual clients in the Pilates Method using this apparatus. This apparatus is important when it comes to teaching people with rehabilitation needs, the older population as well as pre- and post- natal individuals including all other population groups.	Date to be confirmed *Students have 1 calendar year to complete the Course* 1 Tutorial (2 hours)	Group Fees: R5000 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan</u> R2500 x 2 monthly installments Private Fees: R7000 (Once-off payment) Online Exercise Videos + Manuals included in fee. <u>Payment Plan</u> R3500 x 2 monthly installments Additional ONCE-OFF Fees: (Vat incl.) -Group Exam Registration fee: R2000 -Private exam Registration fees are subject to confirmation. *FEES ARE SUBJECT TO CHANGE



Additional Important Notes: -

****Tests are written throughout the course. These tests/assessments do not count towards the final mark and are only done to evaluate progress at various stages during the course. Dates will be confirmed with students.**

****Exam Dates:** Exams are written in March / July / October annually (dates to be determined).

****The pass rate for exams is 70%.**

****Exams are made up of one Theoretical exam and 2 Practical Exams and students are given the opportunity to teach group classes under the supervision of a senior trainer.**

****Exams are evaluated by an Assessor and a Moderator.**

****The deposit OR full payment is due on registration. In the case of a deposit, the first instalment is due by the 1st of the following month and every subsequent month thereafter.**

****Courses are limited to a minimum of 4 and a maximum of 10 participants. We reserve the right to cancel or postpone a course should this criteria not be achieved.**

The above Course fees do not include any additional one-on-one tuition needed by Students for exam preparation

Pilates Mat & Small Equipment Course (100 Hours)

Anatomy; Mat Level 1; 2; and 3; Use of Props; Injuries & Pathologies; Pregnancy; Teaching & Cueing Skills; Program Planning.

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Pilates Comprehensive Course - Includes the Pilates Mat & Small Equipment Course above (450 Hours)

Reformer; Cadillac; Chair; Ladder Barrels; Arc Barrels (Basic to Advanced Levels); Muscle Imbalances & Movement Patterns; Additional Injuries & Pathologies to that which is covered in the Pilates Mat Course; Pregnancy; Program Flow, Teaching & Cueing Skills; Program Planning & Examples.

Group Mat & Comprehensive Teacher Training dates

2nd Semester 2026:

Term 2

MAT COURSE

DATE	TIMES	LECTURE HOURS
FRIDAY 31 JULY	13H00 – 17H00	4
SATURDAY 1 AUGUST	08H00 – 13H00	5
SUNDAY 2 AUGUST	08H00 – 13H00	5
SATURDAY 15 AUGUST	08H00 – 13H00	5
SUNDAY 16 AUGUST (Final lecture date)	08H00 – 13H00	5

COMPREHENSIVE & CONVERSION COURSE: (MAT & LARGE EQUIPMENT SECTION)

DATE	TIMES	LECTURE HOURS
MAT FRIDAY 31 JULY	13H00 – 17H00	4
SATURDAY 1 AUGUST	08H00 – 13H00	5
SUNDAY 2 AUGUST	08H00 – 13H00	5
SATURDAY 15 AUGUST	08H00 – 13H00	5
SUNDAY 16 AUGUST	08H00 – 13H00	5
CONVERSION COURSE SECTION STARTS (Reformer; Tower. Chair, Cadillac & Barrels):		
FRIDAY (Date TBA)	13H00 – 17H00	4
SATURDAY (Date TBA)	08H00 – 13H00	5
SUNDAY (Date TBA)	08H00 – 13H00	5
FRIDAY (Date TBA)	13H00 – 17H00	4
SATURDAY (Date TBA)	08H00 – 15H00	7
SUNDAY (Date TBA) (Final lecture date)	08H00 – 15H00	7

INTENSIVE REFORMER COURSE:

DATE	TIMES	LECTURE HOURS
FRIDAY 28 AUGUST	13H00 – 17H00	4
SATURDAY 29 AUGUST	08H00 – 13H00	5
SUNDAY 30 AUGUST (Final lecture date)	08H00 – 13H00	5

Group Mat & Comprehensive Teacher Training dates

3rd Semester 2026:

Term 2

MAT COURSE

DATE	TIMES	LECTURE HOURS
FRIDAY 9 OCT	13H00 – 17H00	4
SATURDAY 10 OCT	08H00 – 13H00	5
SUNDAY 11 OCT	08H00 – 13H00	5
SATURDAY 24 OCT	08H00 – 13H00	5
SUNDAY 25 OCT (Final lecture date)	08H00 – 13H00	5

COMPREHENSIVE & CONVERSION COURSE: (MAT & LARGE EQUIPMENT SECTION)

DATE	TIMES	LECTURE HOURS
MAT FRIDAY 09 OCT	13H00 – 17H00	4
SATURDAY 10 OCT	08H00 – 13H00	5
SUNDAY 11 OCT	08H00 – 13H00	5
SATURDAY 24 OCT	08H00 – 13H00	5
SUNDAY 25 OCT	08H00 – 13H00	5
CONVERSION COURSE SECTION STARTS (Reformer; Tower. Chair, Cadillac & Barrels):		
FRIDAY (Date TBA)	13H00 – 17H00	4
SATURDAY (Date TBA)	08H00 – 13H00	5
SUNDAY (Date TBA)	08H00 – 13H00	5
FRIDAY (Date TBA)	13H00 – 17H00	4
SATURDAY (Date TBA)	08H00 – 15H00	7
SUNDAY (Date TBA) (Final lecture date)	08H00 – 15H00	7

INTENSIVE REFORMER COURSE:

DATE	TIMES	LECTURE HOURS
FRIDAY 06 NOV	13H00 – 17H00	4
SATURDAY 07 NOV	08H00 – 13H00	5
SUNDAY 08 NOV lecture date)	08H00 – 13H00	5

*****Please note that all above courses can also be done on a private (one-on-one) tuition basis, times, and availability to be arranged between student and lecturers. Contact our facility for arrangements. *****



What is the course recognition?

- Pilates Dynamics[®] Courses have been allocated 20 CPD points (Continuing Professional Developing point system) by REPSSA, who is the Register of Exercise Professionals in South Africa, which recognizes qualifications and expertise. REPSSA set an international standard benchmark and run across the whole of Europe, UK, Australia, New Zealand, Ireland, U.A.E., Canada, Belgium, Poland, USA, and South Africa.
- The Pilates Dynamics[®] Mat Course has been awarded with 30 CEU points by the SA Physio (South African Society of Physiotherapy)
- Pilates Mat Course – Accreditation Number PPB007/2023/07/004 Level 1 – 30 CEU points.
- The Pilates Dynamics[®] Intensive Reformer Course has been awarded with 26 CEU points by the SA Physio (South African Society of Physiotherapy)
- Intensive Reformer Course – Accreditation Number PPB007/2024/01/026
- Our Courses are endorsed by BASA (Biokinetics Association of South Africa.)
 1. Pilates Mat Course - PPB008/B002/2019/00665 Level 2 – 24 CPD points
 2. Pilates Comprehensive Course – PPB008/B002/2020/00678 – Level 2 – 30 CPD points
 3. Pilates Comprehensive Conversion Course – PPB008/B002/2019/00666 – Level 2 – 30 CPD points

Who are our Lecturers:

- We offer an intensive and in-depth course in line with international standards.
- You will be continuously supported throughout your Pilates journey by our very qualified team of Pilates professionals. However, success will depend on your commitment and self-study.
- Our Teacher Trainers/Lecturers have been exposed to numerous different styles of Pilates and have many years of training and education experience.
- Our Teacher Trainers/Lecturers have had exposure both nationally and internationally.
- Our mission is to mentor you towards a successful and rewarding Pilates career; and
- We are here to teach you how to teach, not just what to teach.

What makes us different:

- The lecturers of the courses have been exposed to numerous styles of Pilates and have many years of training and education experience (both nationally and internationally).
- Our courses are in-depth and intensive and offer an integration of anatomy, injuries and pathologies with recommendations and contra-indications, and exercise goals to ensure an understanding of the work.
- We offer a very comprehensive compilation of exercises, including a full exercise video library of exercises in our manual.
- We understand that people lead busy lives, therefore it is not always possible to do all the required hours at OUR studio so you can do your hours at OTHER pre-approved studios.
- Students will have access to our studio for practise and observation hours.
- At our studio, you will be exposed to the integration of a variety of small equipment like: Ballet Barre, TRX, Bosus, Kettlebells, Weights, Balls – big and small, Thera-bands, Foam Rollers, Air Cushions, Arc Barrels, Step Barrels, and Toning Bars, Rotation Discs, to name but a few.

Additional Practical hours/ Mentorship Post lectures:

- 2 Additional Practical Tutorial Sessions of 2 hours each on dates to be determined. *NB* There is 1 Practical Tutorial Session for the Intensive Reformer Course.
- 2 Additional Practical Teaching of Client classes under supervision of a Senior Pilates Instructor which represents a mini exam for final exam preparation.

Personal Practice Hours:

Students can start accumulating personal practice hours once the course has started. Accepted forms of personal practice hours include practicing on your own either at home OR at our studio at no additional cost, OR at another studio subject to approval. Practice hours done at another studio will not be acknowledged until approval has been given.

We offer videos of all exercises taught in our manual.

Observation Hours:

Observation hours can be started and counted once the course has started. Students can schedule observation hours to watch online at our studio OR in our studio OR at a studio subject to approval. Students can only claim observation once approval has been granted. Our studio is available at no extra cost.

Teaching Hours:

You can practice teaching by instructing a friend, family member or apprentice instructor at home OR at our studio OR at another studio. Our studio is also available at no additional charge.

Refund Policy

- No refunds are given if a student misses any module/s; lectures; or fails to complete any practical hours, within the stipulated course completion period.
- No refunds are given should a student fail to attend or complete the course following acceptance, payment of the deposit or once-off cost payment, or any other amount paid towards the course.

If you are a Discovery Vitality member, you can earn points for every workout.

To register for any of the courses click on the following link: <https://pilatesdynamics.co.za/pilates-teacher-training-courses/>