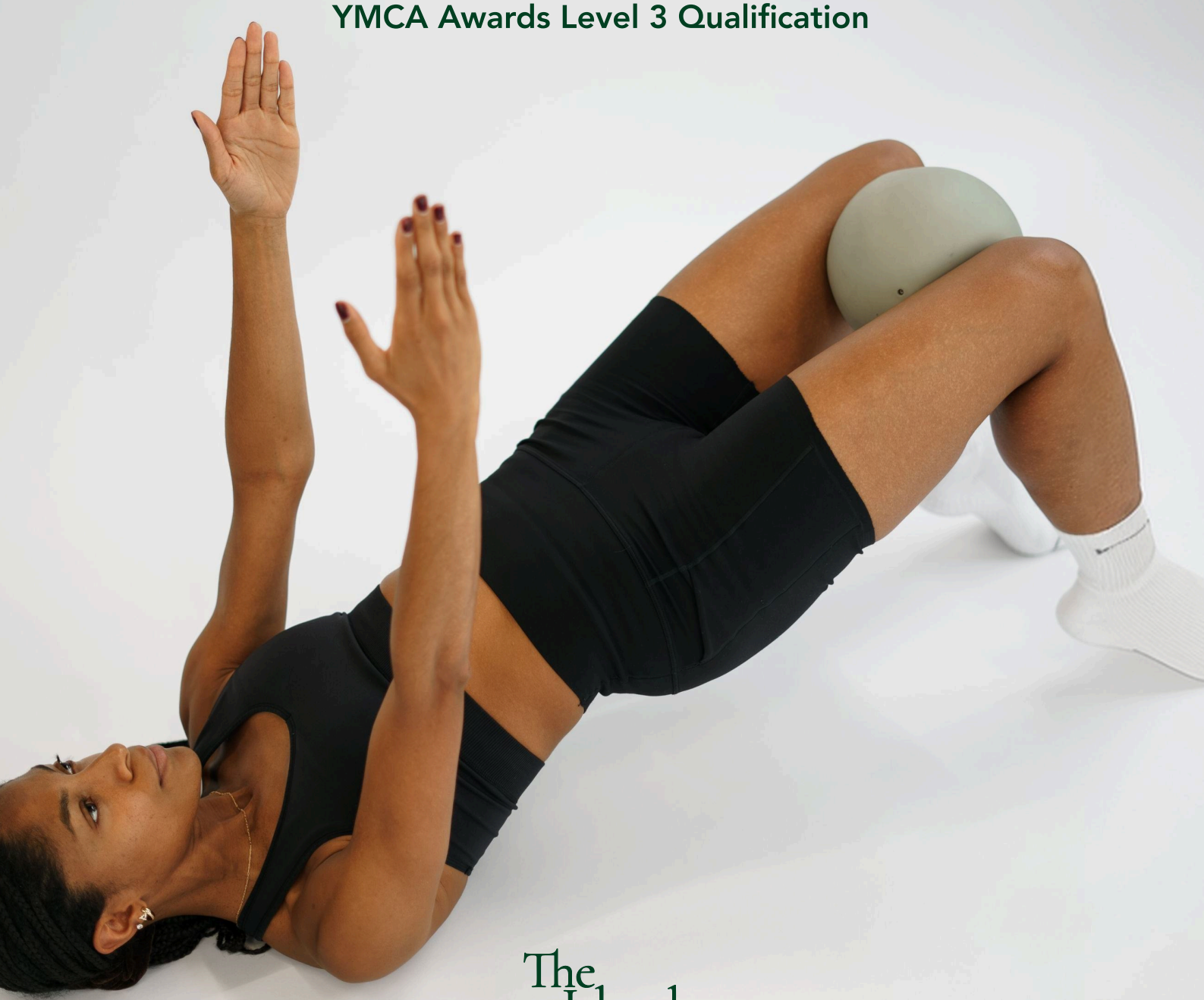
LEVEL 3

Mat Pilates Instructor Course

Everything you need to turn your passion for Pilates into your teaching career.

YMCA Awards Level 3 Qualification



THE ISLAND STUDIO

The Island Pilates

LONDON, UK.



The Island
Pilates

Qualification and Recognition

TRAIN TOWARDS A RECOGNISED UK QUALIFICATION

Train towards a recognised UK qualification

Your training leads to the YMCA Level 3 Diploma in Instructing Pilates Matwork, awarded by YMCA Awards within the regulated UK qualifications framework.

This is a formal qualification with defined learning outcomes and assessment requirements — not simply a certificate of attendance.

Ofqual regulates qualifications and awarding organisations in England, helping to maintain standards and confidence in regulated qualifications.

BECOME A PILATES INSTRUCTOR

Pilates is more than a series of exercises. It is a method of movement that requires precision, intention and intelligent teaching.

Our Level 3 Mat Pilates Instructor Course combines technical knowledge with practical experience, helping you build strong foundations, develop confident teaching skills and learn to create safe, effective and purposeful Matwork sessions.

From learning the method to confidently teaching it.

Move with purpose. Teach with confidence. Make Pilates your career.

WHY TRAIN WITH THE ISLAND?

We believe great Pilates teachers are not simply people who know the exercises. They understand why an exercise is being taught, how the body should move, when to adapt it and how to communicate it clearly.

Our approach to teacher training brings together:

KNOWLEDGE Develop a deeper understanding of Pilates, movement and the body.

TECHNIQUE Learn the Matwork repertoire with attention to precision, alignment and control.

TEACHING Develop the skills to confidently demonstrate, cue, observe and adapt movement.

PRACTICE Put your knowledge into action through practical teaching and feedback.

CONFIDENCE Build your own teaching voice and learn how to create intelligent, engaging classes.



The Island Pilates

WHAT YOU'LL LEARN

The course takes you beyond simply learning a list of exercises. You'll develop the knowledge and practical skills required to plan, deliver and evaluate Pilates Matwork sessions.

PILATES METHOD

Explore the foundations and principles behind the Pilates method and understand how they inform the way we teach and move.

MATWORK REPERTOIRE

Develop your understanding of the Level 3 Matwork repertoire, including exercise technique, sequencing, purpose and progression.

ANATOMY & PHYSIOLOGY

Build a practical understanding of anatomy and how the body moves, helping you teach with greater awareness and intention.

ALIGNMENT & TECHNIQUE

Learn to recognise efficient movement, identify common compensations and develop an eye for technique.

CUEING & COMMUNICATION

Learn how to communicate movement clearly through verbal, visual and appropriate tactile teaching strategies.

MODIFICATIONS & ADAPTATIONS

Understand how exercises can be adapted to suit different bodies, abilities and levels of experience.

CLASS PLANNING

Learn how to structure purposeful Matwork sessions with appropriate preparation, sequencing, progression and balance.

TEACHING SKILLS

Develop the ability to demonstrate, observe, correct and guide clients with confidence.

SAFE & EFFECTIVE PRACTICE

Understand how to create sessions that are appropriate, purposeful and safe for your clients.

Who is this course for?

This course is designed for people who want to take their Pilates practice to the next level and develop the skills required to teach.

HOW YOU'LL LEARN & BE ASSESSED

Learning takes place both in the studio and between training weekends, combining practical training with:

- E-learning
- Self-study
- Worksheets
- Professional discussions

You will need to allow time between each training weekend to complete your independent learning and assessments.

ASSESSMENT

Assessment is designed to demonstrate both your knowledge and practical teaching skills.

The YMCA qualification includes:

- Knowledge-based questions and worksheets
- Personal practice
- Exercise analysis
- Professional discussions
- Practical teaching assessment

IDEAL FOR:

- Aspiring Pilates instructors.
- Pilates enthusiasts looking to deepen their knowledge.
- Movement professionals.
- Fitness professionals looking to expand their teaching qualifications.
- Those looking to begin a career in Pilates.
- Existing instructors wanting to develop their understanding of Matwork.

Previous Pilates Matwork experience is recommended.

Minimum age: 16+



IS THIS QUALIFICATION INTERNATIONALLY RECOGNISED?

The YMCA Level 3 Diploma in Instructing Pilates Matwork is a UK Level 3 qualification awarded by YMCA Awards within the regulated qualifications framework. However, requirements for teaching Pilates vary between countries, employers and professional bodies.

If you plan to teach outside the UK, we recommend checking with the relevant professional body, employer or local authority in the country where you intend to work to understand whether additional registration, insurance, qualifications or other requirements apply.

A strong UK qualification to take with you wherever your Pilates journey leads.

Teaching Opportunities at The Island

Your Level 3 training takes place at The Island Studio, **Canary Wharf, London.**

YOUR NEXT STEP COULD START HERE

Completing your training with The Island Studio could be the beginning of your journey with us.

As part of our graduate community, qualified students may be invited to take part in future instructor auditions at The Island Studio, should teaching opportunities become available.

While we cannot guarantee a teaching position, we want to create a pathway for graduates to stay connected with the studio and be considered for future opportunities.

Teaching positions are subject to availability, studio requirements and successful audition.

YOUR NEXT CHAPTER STARTS HERE

You don't need to have everything figured out before you begin.

You need curiosity.
Commitment.
A willingness to learn.
And a genuine desire to help people move better.

We'll give you the knowledge, practical experience and foundations to take the next step.

YOUR CAREER IN WELLNESS STARTS HERE.

The Island Studio, A boutique approach to Pilates education.

Learn with a knowledgeable, experienced and supportive team who are passionate about Pilates.

Everything you need to take your next step in Pilates.

Investement fee £1680

Secure checkout is available by debit or credit card.

Klarna is also available at checkout, allowing you to buy now, pay later or split your payment into instalments.

BOOK YOUR PLACE
theislandstudio.co.uk

The Island Pilates