



# PILATES TEACHER TRAINING DIPLOMA

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*(International Qualification &  
REPS UAE Recognised)*

# ABOUT US



## Who we are:

Our Award-winning team boasts a combined experience of more than 50 years! We are former Olympians, accomplished strength and conditioning coaches, distinguished coaches, and specialized health and fitness experts.

Our master trainers consistently surpass the conventional curriculum, prioritizing your growth as a student and ensuring an exceptional learning experience.

They will equip you with a comprehensive set of skills and knowledge required to thrive in the health and fitness industry, and their support extends well beyond your graduation.

## Why Choose us?

What sets us apart at .body//HACK: is our genuine care for our students, both during their time with us and long after they graduate. We are truly fortunate to have a remarkable team that has been carefully selected based on their expertise, personalities, professionalism, character, and ability to teach in a way that ensures every student feels nurtured and supported. With backgrounds in both sports science and neuroscience, we approach all our courses with a neurocentric perspective.

When you enroll in a course with us, it's more than just a certification you receive. We consider you a valued member of the Bodyhack family for life.

# Pilates Teacher Training

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## Diploma Structure

1

### Anatomy and Physiology

(online-pre recorded course that you can start at any time).

\*Face to face course offered 3 times a year.

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2

### Pilates face to face learning days

typically run over weekends from 9am-4pm (57 hrs).

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3

100 self practice hours,  
40 hours of observation and  
40 hours of practice teaching.

You will do this in your own time but we will assist you by giving you access to an online platform which has over 3000 classes to choose from.

# DIPLOMA ACCREDITATION

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This diploma is accredited through the *awarding body* **Active IQ** from the *United Kingdom*. It is also the only certification in the region that has got the **ITTAP** (International Teacher Training Association for Pilates) accreditation through the **Pilates Method Alliance**.

So you will get 2 Certificates at the end of the certification, one from Active IQ directly, and the other from Bodyhack with the US accreditation.

# Active iQ



# ITTAP

International Teacher Training  
Accreditation for Pilates

# EXAMS

**ANATOMY & PHYSIOLOGY ONLINE  
MULTIPLE-CHOICE EXAMS**  
*(SCHEDULED REGULARLY).*

**PILATES PRACTICAL CLASS THAT  
YOU WILL HAVE TO TEACH**  
*(SCHEDULED AT THE END OF THE  
COURSE BY ARRANGING WITH THE  
TUTOR WHEN YOU ARE READY)*

**PORTFOLIO OF WORKSHEETS TO  
FILL OUT**

# WHAT YOU WILL GET

01

ACCESS TO OUR ONLINE PLATFORM WHICH HAS THE ANATOMY AND PHYSIOLOGY COURSE AS WELL AS ALL THE PILATES MOVEMENTS BROKEN DOWN AS WELL AS SOME SAMPLE CLASSES TO TAKE PART IN

02

8-10 FACE TO FACE GUIDED LEARNING DAYS WITH OUR TUTORS FROM 9AM TO 4PM

03

ONGOING SUPPORT BOTH DURING THE COURSE AND AFTER YOU GRADUATE

04

A GRADUATE DISCOUNT ON ALL FUTURE COURSES INCLUDING REFORMER AND THE REST OF THE APPARATUS

05

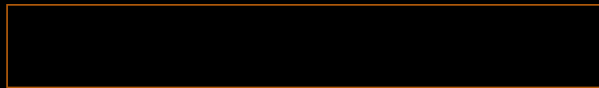
2 INTERNATIONAL MATWORK CERTIFICATIONS THAT YOU CAN USE GLOBALLY

06

THE OPTION TO REPEAT THE COURSES FREE OF CHARGE



# YOUR INVESTMENT



The cost of the full Diploma  
which consists of 3 courses is:

**AED 8356 INCL. VAT**

*(if you pay as single payment)*

## INSTALLMENT OPTIONS:

3 X PAYMENTS OF AED 2,832

4 X PAYMENTS OF AED 2,199

# Next Steps

Call us today to discuss your aspirations, qualifications, and potential opportunities in more detail! This conversation will allow us to understand your goals better and offer tailored advice to help you make informed decisions about your career path. Alternatively, if you have any questions or concerns, please feel free to reply to us by email, and we will address them promptly.

We look forward to connecting with you soon and assisting you in navigating the exciting possibilities within the fitness industry.



**BOOK NOW**

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**[www.bodyhack.co](http://www.bodyhack.co)**