



PILATES HAUS

STRENGTH BASED REFORMER TRAINING



**Pilates Haus
Training
Academy**

***Learn to lead +
program a
dynamic
strength based
reformer class
that has
purpose!***

***14 participants
per course.
Register your
interest now!**

**Commences
October 2025**

Location:

Pilates Haus
Studio location TBC
Full days with varying start times

Training includes:

- Anatomy and Physiology with physio Kye Simpson
- Reformer exercises + modifications and progressions
- Programming with purpose
- Learning about muscle Hypertrophy
- Education around spring loads + resistance training
- How to lead an effective reformer class

REGISTER AT: WWW.PILATESHAUS.COM.AU

ALL YOU NEED TO KNOW

The finer details.....

PREREQUISITES FOR THE COURSE?

- CURRENT REFORMER TRAINERS WANTING TO LEVEL UP THEIR SKILLS
- CERT III OR CERT IV FITNESS INSTRUCTORS
- PHYSIOTHERAPISTS WHO WANT TO LEARN MORE ABOUT STRENGTH BASED REFORMER
- *Other anatomy related quals will be assessed on a case by case basis by AUSACTIVE*

WHAT'S THE COST?

\$2000 EARLY BIRD
Register prior to August 31st 25
\$2200 AFTER

DATES

OVER 4 WEEKENDS
(7 DAYS IN TOTAL)

IS THE COURSE ACCREDITED?



YES!

THIS COURSE IS RECOGNISED BY AUSACTIVE. YOU'RE ABLE TO TEACH REFORMER PILATES IN AUSTRALIA AND OVERSEAS



TRAINING COURSE SCHEDULE

OCTOBER 2025

**RUNS OVER
4 WEEKENDS**

**PILATES HAUS
STUDIO**

**IN PERSON
TRAINING**

WEEKEND 1

ANATOMY + REFORMER PRINCIPLES

Anatomy with physiotherapist Kye Simpson + learning the history of Pilates

WEEKEND 2

LOWER BODY

Lower body exercises on the reformer. Theory and practical work

WEEKEND 3

ABDOMINALS

Abdominal exercises on the reformer. Theory and practical

WEEKEND 4

UPPER BODY

Upper body exercises on the reformer. The use of hand weights in class and how we can effectively load clients.

APPLYING YOUR SKILLS

TOOL KIT + THE BUSINESS OF PILATES

Putting into practice what you've learnt and how it can be applied in your studio.

RUNNDOWN

FAQ'S

Who should do this course?

Current Reformer trainers wanting to level up their skills.

PT's who want to add a new popular modality

Qualified practitioners

How much is the course?

Early Bird (October) \$2000

\$2200 Post Early bird

Dates

**Over 4 weekends
(7 days in total)**

October 25 Dates TBC

Is the course accredited?



This course is recognised by AUSACTIVE. Allowing you to teach in both Australia and overseas!

FAQ'S

What does the course offer?

**Learn how to teach a dynamic
STRENGTH - BASED reformer
class with purpose**

Where is the course located?

Pilates Haus Studios TBC

What is the course structure

7 days of face to face learning. Spread across 4 weekends

Can I do my practice teching hours at your studio?

**Yes!
We may schedule lunch sessions during the week where you can teach a class and gain your practice teaching hours**

FAQ'S

Is there a payment plan?

Sure is!

**Email us for info
admin@pilateshaus.com.au**

What's your refund policy?

Due to the limited spots we offer in this course, refunds are not available. In some instances we can transfer you to another course date or have someone else take your spot

What if I miss a session?

You will need to arrange a catch up session (at an additional expense) or transfer to the next course

What happen's if I fail?

We want you to succeed and will support you throughout the course. You will have a maximum of 3 attempts for the final theory exam. After this additional costs apply for private sessions