

FRAME ACADEMY

Studio Ready Courses

LEVEL 3 MAT PILATES

DYNAMIC REFORMER PILATES

LEVEL 3 PRE AND POST NATAL

LIFTING
MINDS
& BUTTS
DAILY



What's inside.

A complete guide to teacher training at Frame.

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WELCOME TO Frame ACADEMY.

Since 2009, we've been guided by one simple belief: movement changes lives. Everything we do is built around that.

Frame Academy exists because great teaching takes intention. It requires knowledge, confidence, real practice, and a community that holds you to a higher standard. We've spent years in the studio shaping a training programme that reflects what it means to lead a room well, not just technically competent, but inspiring.

We know what studios need from their teachers, because we are one. That means everything you learn is practical, relevant, and immediately applicable. You'll train in our studios, work with real members, and develop the kind of confidence that only comes from real experience, not just theory.

When you train with Frame Academy, you join a community of instructors who are passionate about movement and about growth. You'll be supported from the minute you step through our doors to well beyond certification. And if you've got questions before you even apply, we're always happy to chat.

— The Frame Academy Team

OUR COURSES.



Level 3 Mat Pilates

The gold-standard foundation. Master the principles that underpin everything in Pilates, qualify with a nationally recognised Level 3, and unlock the pathway to further courses and CPD.



Dynamic Reformer Pilates

Frame's signature reformer method, backed by an industry-recognised Active IQ endorsement. Learn to teach Dynamic Reformer with real confidence – available as a Weekend or Intensive course.



Level 3 Pre & Postnatal

Specialist training for instructors who want to support clients through one of life's most transformative experiences with skill, safety, and confidence.

WHICH COURSE IS RIGHT FOR YOU?

GOAL	RECOMMENDED COURSE	PREREQUISITE
Start your teaching journey	Level 3 Mat Pilates	None
Teach reformer in group studios	Dynamic Reformer	L2/L3 Fitness or Pilates/equivalent
Specialise & expand your practice	Pre & Postnatal	Existing L2/L3 qualification

WHY TRAIN WITH FRAME ACADEMY.

Seven reasons our graduates pick Frame - and stay with us long after they've qualified.

01

QUALIFICATIONS THAT OPEN DOORS

Endorsed by Active IQ, one of the UK's most respected awarding bodies in fitness and wellbeing. Your certification will be recognised by studios across London and beyond.

02

LEARN FROM THE BEST

Every course is designed and delivered by expert instructors at the top of their field. Our tutors are active practitioners - they know what it takes to step into the studio with confidence because they do it every day.

03

SMALL GROUPS, REAL ATTENTION

We keep groups small, so you receive tailored guidance and individual support throughout your training. That means, no getting lost in a crowd, just space to ask questions and feedback that actually helps you grow.

04

HANDS-ON PRACTICE

Practice in any of our FRAME studios, access our resources, and refine your skills in a real-world setting. You'll use the same equipment, in the same environment, with the same energy that our members walk into every day.

05

LEAVE STUDIO- READY

Before you audition, you'll lead Community Classes with actual FRAME members. By the time you qualify, you won't just have a certificate, you'll have experience.

06

GROWTH & MENTORSHIP

Your development does not end with certification. As a FRAME trained instructor you will benefit from ongoing mentorship, access to classes, and internal team workshops to keep your skills thriving.

07

FLEXIBLE PAYMENT OPTIONS

We believe training should be within reach. Interest-free payment plans are available on all courses.



READY WHEN YOU ARE.

Apply for the next intake. We'll check your eligibility and have you in a studio sooner than you think.

LEVEL 3 MAT PILATES

You love Pilates. Now imagine knowing it deeply enough to pass that on.

Frame's Level 3 Mat Pilates Teacher Training is accredited by Active IQ, one of the UK's leading awarding bodies for fitness and exercise qualifications, and a nationally recognised Level 3 Diploma respected by studios and employers across the UK and beyond. Mat Pilates is the foundation of the entire discipline, mastering it means you can teach anywhere, to anybody, with nothing but a mat and your expertise. Your Active IQ Level 3 Diploma is nationally recognised, so wherever your teaching career takes you, your qualification comes with you.

It's also your first step on the Frame Academy pathway. Complete your Level 3 Mat and you'll be eligible to progress directly onto our Dynamic Reformer course and Level 3 Pre & Postnatal, building a teaching career one qualification at a time.

The course covers everything from anatomy and physiology to programming, client screening, and the art of instructing, giving you the knowledge, confidence, and practical hours to walk into a studio and teach from day one. At FRAME, we go beyond the syllabus. You'll train with tutors who teach on the studio floor every week, learning not just the method but how to make it feel alive in the room

This course is for you if you are ready to:

- Learn from instructors who still actively teach in studios every week
- Step into a supportive community of like-minded movement professionals
- Build a teaching career that's sustainable, rewarding, and entirely your own

MAT PILATES IMAGE TBC

AT A GLANCE.

QUALIFICATION	Level 3 Diploma in Instructing Matwork Pilates
AWARDING BODY	Active IQ
FEE	£1,800 upfront / 4 or 6 monthly interest-free instalments + manual fee
ASSESSMENT	7 units assessed through a mix of multiple choice theory papers, written worksheets, practical assignments, and a live observed teaching session
TOTAL HOURS	370 hours

WHAT YOU'LL LEARN

UNIT 01

Anatomy and Physiology for Exercise and Health

A deep dive into how the body works, covering the cardiovascular, musculoskeletal, nervous and endocrine systems, energy systems, and how all of it relates to movement and exercise.

UNIT 02

Know How to Support Clients Who Take Part in Exercise and Physical Activity

How to build effective relationships with clients, understand what motivates them, address barriers to participation, and provide the kind of ongoing support that keeps people coming back.

UNIT 03

Health, Safety and Welfare in a Fitness Environment

Everything you need to keep your class safe, from emergency procedures and risk management to health and safety requirements and safeguarding responsibilities.

UNIT 04

Principles of Exercise, Fitness and Health

The science behind exercise, how it affects the body, the components of fitness, programme design principles, exercise intensity monitoring, and key considerations for working with special populations.

UNIT 05

Principles of Pilates Matwork

The history and philosophy of the Pilates method, Joseph Pilates' original principles, and the structure of a matwork class, from preparation phase through to closing.

UNIT 06

Programming Pilates Matwork

How to design and plan effective Pilates programmes, client screening, goal setting, adapting sessions for individual needs, and building progressive plans that get results.

UNIT 07

Instructing Pilates Matwork

Where it all comes together. You'll develop your skills as a teacher, cueing, demonstrating, observing, correcting, and reflecting, across real teaching practice with peers and in a live observed assessment.

STUDIO READY

Completing this course means you're ready to step into the studio with confidence. Qualified, prepared, and with the foundations to keep growing as a teacher.

WHAT'S INCLUDED.

From day one, you're supported every step of the way.

- Small group learning with personalised tutor support, you're never just a face in a crowd
- 10 Class Credits at FRAME included within your course to deepen your own practice throughout your training
- Want more classes? Discounted packages are available to purchase throughout your training
- Option to book a 1:1 session with a FRAME Master Trainer (additional cost)
- Full use of FRAME's studios to practise teaching in a real environment (Included)
- 3 months access to our On Demand Platform to support your learning
- Pathway eligibility to progress onto Dynamic Reformer Pilates and Level 3 Pre & Postnatal
- Access to CPD and specialist topic workshops

THE PILATES PATH BUNDLE.

**Save
10%**

Book Level 3 Mat and Dynamic Reformer together – save 10% on your total tuition. Start with the foundations and graduate ready for any studio floor. Get in touch frameacademy@moveyourframe.com.

ELIGIBILITY & NEXT STEP.

ELIGIBILITY

This is the best place to start. Our Level 3 Mat Pilates course has no prerequisites required, so whether you're brand new to teaching or looking to formalise a passion that's been building for years, you're in the right place.

Not sure if it's the right fit for you? Just drop us an email, we'll have an honest conversation and help you figure out your next step.

WHAT'S NEXT?

Your Level 3 Mat Pilates qualification is just the beginning. Once you graduate, you'll be eligible to progress directly onto our Dynamic Reformer Pilates CPD and Level 3 Pre & Postnatal courses, building a teaching career that's as broad and specialist as you want it to be. Most of our instructors don't stop at one qualification. The pathway is there whenever you're ready.

DYNAMIC REFORMER Pilates.

Ready to take your Pilates knowledge further?

FRAME's Dynamic Reformer Pilates certification is endorsed by Active IQ, one of the UK's leading awarding bodies for fitness and exercise qualifications, and on completion you'll hold an industry-recognised CPD certification that qualifies you to teach Dynamic Reformer Pilates professionally at studios across London and beyond. This is not a standalone qualification; attendees are required to hold existing professional training and experience.

Our Dynamic method is rooted in the principles of Pilates, precise, intentional, and built around concentration, flow, and mind-body connection. At FRAME, we bring creativity and energy to the sequencing, creating classes that feel natural and inclusive for every body in the room. You'll learn how to build sessions that move, motivate, and feel genuinely good - and find your own voice as a teacher along the way.

This course is for you if you are ready to:

- Deepen your Pilates expertise and step into teaching with real confidence
- Learn from tutors who are on the studio floor every week
- Step into a supportive, inclusive community of instructors
- Build a teaching career that's sustainable, rewarding, and entirely your own

AT A GLANCE.

QUALIFICATION	Dynamic Reformer Pilates Certification
AWARDING BODY	CPD Endorsed by Active IQ
FEE	£1,800 upfront / 4 or 6 monthly interest-free instalments + manual fee
ASSESSMENT	Practical & Theory Exam on designated assessment day. Coursework, self-directed study, and class planning. Attendance of 15 Reformer Pilates classes at Frame.
TOTAL HOURS	100 hours

WHAT YOU'LL LEARN

This course covers everything you need to become a confident, knowledgeable Reformer instructor, from the theory behind the method to the practical skills that make a great teacher.

MODULE 01

The History and Principles of Pilates

Where the method came from, the lineage behind it, and the original principles of Joseph Pilates, breathing, concentration, control, centring, precision, and flow and how they underpin every class you'll ever teach.

MODULE 02

Anatomy and Physiology

A solid grounding in how the body moves, so you can teach with intelligence, spot what's happening in the room, and make informed decisions about programming and modification.

MODULE 03

Beginner, Intermediate and Dynamic Exercises

Master the full spectrum of Reformer exercises across all levels, rooted in Joseph Pilates' original method and brought to life through Frame's Dynamic approach.

MODULE 04

The Role and Scope of a Reformer Pilates Teacher & Inclusivity

What it means to teach professionally, your responsibilities, your boundaries, and how to show up with confidence and integrity in any studio environment.

MODULE 05

Class Planning

How to build sessions that flow with intention and creativity, across beginner, open, and dynamic levels.

MODULE 06

Cueing for Successful Movement

The communication skills that make a great teacher. You'll learn to cue intelligently, inclusively, and in a way that genuinely lands.

MODULE 07

Contraindications, Injuries and Special Considerations

How to modify confidently for common injuries, contraindications, variations, and special populations, so every person in your class feels seen and supported.

MODULE 08

Use of Small Equipment

Hands-on experience with the Pilates circle, ball, pole, box, and jumpboard, and how to incorporate them meaningfully into your sessions.

WHAT'S INCLUDED.

Everything you need to learn well, practise confidently, and feel studio ready.

- 10 Reformer Pilates classes at FRAME included within the course.
- Want more classes? Discounted packages are available to purchase throughout your training
- Option to book a 1:1 session with a Frame Master Trainer (additional cost)
- Full use of FRAME's Reformer studios to practise teaching
- Class plans, training videos, and structured study materials
- 3 months access to the FRAME On Demand Platform to support your learning.

FROM OUR GRADUATES

"I learnt so much in such a small period of time, and the support and resources have been endlessly useful since I started teaching. There's a lovely family feeling to Frame."

– OLIVIA, DYNAMIC REFORMER GRADUATE

ELIGIBILITY & NEXT STEP.

ELIGIBILITY

To join this course you'll need to hold a Level 2 or Level 3 qualification in Fitness, Pilates, Yoga, or Personal Training. Relevant equivalent qualifications such as a dance degree or physiotherapy qualification - may also be considered alongside proven teaching experience.

We also ask that you attend at least 10 Dynamic Reformer classes at FRAME before your start date. This isn't a box-tick, it's so you arrive with a genuine felt sense of our method and the equipment. Good news: your 10 included class credits are activated upon enrolment, so you can use them for your prep sessions.

Not sure if your qualification counts? Just get in touch - we're happy to help.

WHAT'S NEXT?

Qualifying is just the beginning. Here's what comes next:

- Lead real Community Classes at FRAME before you audition, building genuine confidence in front of a live class
- Dedicated mentorship to support you as you transition from trainee to teacher
- Quarterly workshops on specialist Reformer topics to keep you learning and growing
- A thriving community of FRAME instructors around you people who get it, and want to see you succeed
- Ongoing access to professional development opportunities
- And when you're ready, the opportunity to audition to join the FRAME instructor team.

“ If you have ever considered becoming a Dynamic Reformer Pilates teacher, don't hesitate - apply for the course at Frame. It's an incredibly supportive and inspiring environment, led by amazing tutors, who ensure you leave feeling knowledgeable, empowered, and ready to teach. I only wish I had done it sooner! ”

— Gleanne P B · Dynamic Reformer Graduate

“Since completing the course I have gone on to teach Reformer Pilates at Frame and I absolutely love my new job. I feel the course fully prepared me by giving me the confidence, skills, and knowledge I needed to get started.”

– CLAIRE L · DYNAMIC REFORMER GRADUATE

Enrolling in Frame Academy has been one of the best decisions I have ever made. A well-rounded course taught by incredibly knowledgeable and genuinely passionate teachers who love helping students succeed. I have gained invaluable insights, built lasting connections and found my teaching voice again. If you are looking for an inclusive and learn from the best, I highly recommend Frame Academy!

– ALESSANDRA · FRAME ACADEMY GRADUATE

LEVEL 3 PRE & POST NATAL.

Some of the most meaningful work a movement teacher can do happens here.

Pregnancy and postnatal recovery are among the most transformative experiences a person can go through, physically, hormonally, and emotionally. The right movement guidance at the right time can make a profound difference to how someone feels in their body, recovers after birth, and reconnects with themselves. Our Level 3 Pre & Postnatal course gives you the specialist knowledge and practical skills to do that work well.

This is a growing, underserved area of fitness, and a deeply rewarding one. Whether you want to expand your existing teaching practice or specialise entirely in supporting clients through this stage of life, this course gives you the credentials and confidence to do it brilliantly.

Accredited by Active IQ and assessed through a portfolio of evidence, this qualification is recognised across the industry and positions you as a specialist in your field.

This course is for you if you are ready to:

- Support clients through one of life's most transformative experiences
- Deepen your specialist knowledge in pre and postnatal health and movement
- Expand your teaching practice into a growing and underserved area
- Work with real confidence, safety, and genuine care

AT A GLANCE.

QUALIFICATION	Level 3 Award in Adapting Physical Activity for Antenatal and Postnatal Clients
AWARDING BODY	Active IQ
FEE	£500 Upfront 3 Monthly Instalments + Manual Fee
STRUCTURE	3 days face-to-face workshops & 1 online catch-up
ASSESSMENT	Portfolio of evidence including worksheets, risk assessment & case study
TOTAL HOURS	50 hours

WHAT YOU'LL LEARN

This course covers the specialist knowledge and practical skills you need to confidently support clients through every stage of pregnancy and postnatal recovery - safely, effectively, and with real understanding of what their bodies are going through.

UNIT 01

Benefits, Barriers and Concerns

Understand the physical and mental benefits of exercise for antenatal and postnatal clients, identify the barriers and concerns that may prevent participation, and learn how to respond to them with confidence and sensitivity.

UNIT 02

Physiological and Biomechanical Changes

A thorough grounding in how the body changes across each trimester and postnatally – covering the circulatory, musculoskeletal, hormonal, and respiratory systems, and what this means for how your clients move and exercise.

UNIT 03

Key Considerations for Safe Participation

Learn to identify contraindications, recognise warning signs, understand the role of the pelvic floor, and know when and how to refer clients to other professionals. This unit gives you the safety knowledge to work confidently within your scope of practice.

UNIT 04

Client Screening and Information Gathering

How to conduct pre-activity screening, obtain informed consent, build effective working relationships, and collect, interpret, and respond to client information - all within the relevant legal and ethical framework.

UNIT 05

The Role of Healthcare Professionals

Understand the care package available to antenatal and postnatal clients, the guidance provided by medical professionals throughout pregnancy and recovery, and the range of antenatal classes and support available.

UNIT 06

Nutritional Requirements

Cover the key nutritional needs of antenatal and postnatal clients - from balanced diet principles and important food sources to foods to avoid, recommended supplements, and the importance of hydration throughout pregnancy and beyond.

UNIT 07

Identifying and Managing Risk

Learn to assess and manage risk before, during, and after physical activity - including how to adapt sessions in real time, provide general nutritional guidance within your scope, and keep your clients safe at every stage.

UNIT 08

Designing Safe and Effective Programmes

Where it all comes together. You'll learn to design individualised physical activity programmes for each trimester and the postnatal period - applying FITT principles, selecting appropriate exercises, building in pelvic floor and core work, and reflecting on your own practice to keep improving.

WHAT'S INCLUDED.

From day one, you're supported every step of the way.

- Small group learning with personalised tutor support, you're never just a face in a crowd
- 5 Pre & Postnatal class credits at FRAME included within the course to support your learning
- A thorough grounding in both the practical and theoretical knowledge needed to safely support pre and postnatal clients
- Option to book a 1:1 session with a Frame Master Trainer (additional cost)
- Invitations to CPD and specialist topic workshops with the Academy

ELIGIBILITY & NEXT STEPS.

This is a Level 3 course. To be eligible you must hold a Level 2 Gym or Group Training, Accredited 200-Hour Yoga, Level 3 PT, or Pilates qualification.

Not sure if your qualification counts? Just get in touch - we're happy to help.

FROM OUR GRADUATES

"The tutors were amazing! Knowledgeable, helpful and friendly with a clear passion for the subject. We were well supported during and after the course and I found the whole experience really inspiring!"

FREQUENTLY ASKED.

DO I NEED LOTS OF EXPERIENCE TO APPLY?

Our Level 3 Mat Pilates has no prerequisites. The Dynamic Reformer and Level 3 Pre & Postnatal courses require an existing Level 2 or 3 fitness qualification or equivalent. Not sure if you qualify? Get in touch and we'll help you figure out the best route.

WHAT IF I MISS THE ASSESSMENT DAY?

If you can't make your scheduled assessment, you can arrange and film your own with a minimum of 3 students and submit it for review at no extra cost. Alternatively, we can schedule an additional in-person date for a fee.

WHAT IF I WANT TO TEACH ELSEWHERE?

Completely fine! Your Active IQ certification is industry-recognised across the UK and internationally respected. You can teach at any studio or establish your own private practice. Frame just offers an ongoing community and support if you choose to work with us.

HOW MUCH SELF-STUDY?

There will be self-directed study and practice between sessions. Setting aside at least 1 hour per day is a good guideline, you may spend longer on some homework, but this keeps you on track without feeling overwhelmed. You have one year from registration to complete your course. If you need an extension we can offer 12 months with a fee of £250.

CAN I SPREAD THE COST?

Yes. Pay upfront, or split across monthly instalments. Get in touch if you'd like to discuss options.

WILL I AUTOMATICALLY GET A JOB WITH FRAME?

While we don't guarantee a role, we treat our graduates as the first choice for auditions. We provide specific mentorship to ensure you meet the Frame standard, and successful candidates join our instructor team immediately.

IS REFORMER EQUIVALENT TO A LEVEL 2 / 3?

No. As Pilates is not a regulated discipline in the UK, Reformer certifications sit outside the standard Level 2/3 framework. That said, our Active IQ endorsement is widely recognised across the industry and our graduates go on to teach at studios across London and beyond.

DO I NEED TO BE BASED IN LONDON?

Our courses are run from our Frame studios in London, so you'll need to be able to travel in for in-person sessions. Many of our students commute or stay locally for intensive courses – it's worth factoring that in when choosing your course format.

WHAT IF I CAN'T MAKE A SESSION?

We understand that life happens. We offer catch-up days at an additional cost of £150 per day, which can be added to your course fee and spread across your monthly instalments interest-free. Catch-up days are scheduled flexibly once you have attended your first session.

WHEN CAN I AUDITION AT FRAME?

You have use of our studios whenever classes are not running to practise teaching. Most graduates audition 4-6 weeks post-certification once they have built classroom hours and confidence. You can schedule your audition with us whenever you feel ready.

HOW MANY PEOPLE ARE IN EACH COHORT?

We keep groups small, maximum 12 people per course. This ensures you get genuine individual attention and a supportive learning environment throughout.

MORE QUESTIONS? JUST ASK.

Email frameacademy@moveyourframe.com – we're always happy to chat before you apply.

COURSE BUNDLES & EXTRAS

THE PILATES PATH BUNDLE

Mat & Reformer

Training for both? Smart move. Book your Level 3 Mat and Dynamic Reformer together and save on your total tuition, the most direct route from foundation to studio-ready instructor.

~~£3,600~~ **£3,240** Save £360

FULL ACADEMY BUNDLE

Mat, Reformer & Pre and Post Natal

Want it all? Book all three courses together and save on your total tuition, the most direct route from complete beginner to fully specialist instructor. Foundations, expertise and specialism in one pathway.

~~£4,100~~ **£3,690** Save £410

OPTIONAL EXTRAS

Want to get more out of your training? These add-ons are available to purchase at any point throughout your course.

- 1:1 Session with a FRAME Master Trainer | Dedicated one-to-one time for personalised feedback, technique refinement, or teaching practice | £80
- In-Studio Class Packs | Additional mat or reformer classes at a discounted rate exclusively for FRAME Academy students. | Get a 20% discount
- Assessment Resit: Theory Paper | £50 (one resit included)
- Assessment Resit: Practical | £100 (one resit included)
- In-person Catch-Up Day | £150
- Course Extension (12 months) | £250

PAYMENT PLANS

All courses and bundles are available on interest-free payment plans. We never want the cost of training to stand between you and a career you love. Just reach out – we'll always try to find a way to make it work.

BE THE FIRST TO KNOW

Early bird pricing is available on selected cohorts. Sign up to our mailing list to be first to hear about upcoming dates and offers.

frameacademy@moveyourframe.com

BECOME THE TEACHER YOU'RE meant TO BE.

It's not just about certification. It's confidence, community, and stepping into the studio knowing you belong there. We'll guide you every step.

FRAMEACADEMY@MOVEYOURFRAME.COM MOVEYOURFRAME.COM/ACADEMY

HOW TO APPLY.

- 01** Email us. frameacademy@moveyourframe.com – tell us which course you're considering.
- 02** We'll check eligibility and answer any questions you've got.
- 03** Confirm your place and choose your payment plan.
- 04** You're in. We'll send everything you need ahead of your first session.

OUR STUDIOS.

SHOREDITCH

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N1C 4AS

VICTORIA

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FRAME ACADEMY