

A woman with dark hair tied back is performing a pilates exercise. She is lying on her back with her legs bent and feet flat on the floor. Her arms are raised straight up above her head, holding a dark green exercise ball. She is smiling and looking towards the camera. The background is a bright, airy room with large windows and other people in the distance.

UPSTATE

UPSTATE PILATES  
TRAINING GUIDE

PRE-ENROLMENT EBOOK

# 1. WELCOME TO UPSTATE PILATES INSTRUCTOR TRAINING

## A MESSAGE FROM OUR FOUNDERS

"Welcome to Upstate Pilates Instructor Training! We're so excited to have you here and can't wait to be part of your journey. What started as a passion for movement and mindfulness has grown into a thriving community that empowers individuals to live their best lives. Our goal with this course is to equip you with the tools, knowledge, and confidence to step into the world of Pilates instruction with clarity and purpose. We're here to support you every step of the way – let's do this together!"

– Gail and Charelle

## WHY CHOOSE THIS COURSE?

Our course is designed to give you the confidence and skills to step into the Pilates teaching world with ease. We blend classical and contemporary movements while breaking down anatomy and biomechanics in a way that's easy to understand and directly applicable to your classes.

We keep things hands-on and practical—teaching you the ins and outs of using a mic, timer, and curating the perfect playlist to match the class style. We focus on the details that matter, like voice projection and commanding the room—skills we've learned through years of mentoring pilates teachers.



## 2. WHY CHOOSE US?

### WHO WE ARE

At Upstate Studios movement meets mindset, and positivity is the driving force behind everything we do.

Our mission is simple: to help people find a positive state of mind through movement and connection.

Co-founders Gail and Charelle are sisters, based in the beachside town Torquay.

Our story began with a tragedy that hit close to home. During this difficult time, the sisters turned to yoga and movement in which they found a life-changing positive mindset. In 2009, they were ready to share this mindset with the wider community, and Upstate Studios was born.

Our first studio space opened in Victoria and soon became a bustling, happy hub for fitness and friendship. Since then, our community has grown, we have launched more studio locations, and we are now spreading good vibes across the state.

Part of our growth mission is to create career pathways for fitness professionals, a predominantly female cohort. This is why we created a Pilates instructor course: to continue offering jobs in an industry we love.

### WHY CHOOSE OUR TRAINING PROGRAM?

Our course is packed with unique elements, including:

- Hands-on experience with microphones, timers, and playlist creation to master the art of teaching with confidence.
- Managing heated mat rooms, pre/post-natal modifications, and injury adaptations so you can teach with ease and assurance.
- Breaking down anatomy in a way that directly relates to group fitness and movement.
- Training you to teach in both large groups of 24 and intimate sessions of 2 clients.

### ACCREDITATION AND RECOGNITION

Our course is accredited by AUSactive, Australia's leading body for exercise and active health. This accreditation ensures our training meets the highest industry standards, providing you with a recognized qualification that will help you stand out in the Pilates industry.



## 3. WHAT YOU'LL LEARN

### COURSE STRUCTURE

You'll cover a range of topics, including:

- Mat & Reformer Pilates repertoire
- Effective use of Pilates props
- Cueing techniques, inclusive language, and teaching guidelines
- Lower body, core, and upper body exercises for both Mat and Reformer
- Sequencing and planning dynamic classes with creative flow and music
- Modifications for pre/post-natal clients and injuries
- Anatomy and Physiology Applied to Pilates
- The history and legacy of Joseph Pilates
- Formatting classes for small and large groups
- Overcoming imposter syndrome and finding your unique teaching style
- Practice teaching and feedback sessions
- Planning and delivering 45-minute and 60-minute classes
- Professional development and career progression
- Business and marketing essentials for Pilates instructors

### KEY SKILLS GAINED

- A deep understanding of core Pilates principles
- Practical teaching experience and class management
- Client engagement strategies
- Confidence in creating and delivering dynamic classes

**SIGN ME UP!**



## 4. HOW YOU'LL LEARN

### HYBRID LEARNING EXPERIENCE

- Online: 9 modules, approximately 20 hours of learning
- In-Person: 5 practical training days (split across 2 weekends)

### TIMELINE

- 6 weeks of online learning
- 5-10 days face-to-face training
- 6 months to complete your logbook

### HOURS BREAKDOWN

- Online theory: 20 hours
- Practical training:
  - Mat & Reformer: 10 days
  - Mat ONLY: 5 days
  - Reformer ONLY: 5 days

### LOG BOOK BREAKDOWN

- 10 Hours Observation: Attend classes and take notes on cues and sequences.
- 30 Hours Practice Teaching: Teach anywhere – at home, in parks, or in studios.
- 30 Hours Self-Practice: Count any classes attended, even those up to 6 weeks before the course starts!

Tip: Break your teaching hours into smaller chunks – 15-20 minutes at a time counts!



## 5. WHO CAN APPLY?

### NO EXPERIENCE NEEDED

- No prerequisites – just a passion for Pilates and a willingness to learn.
- The minimum age requirement is 16.

### THIS COULD BE YOUR PERFECT TRAINING IF...

- You're a fitness enthusiast looking to take your passion to the next level.
- You're a career changer eager for a fresh start in the wellness industry.
- You're a Pilates lover who wants to deepen your practice and share it with others.

**LET'S DO THIS!**



## 6. MEET YOUR ROCKSTAR EDUCATORS



### SIENNA DOOLAN

“Hi, I’m Sienna! With 6 years of teaching experience under my belt, I’ve found my true passion—helping new trainers find their confidence and reach their full potential. I’m certified in pre/post-natal Pilates, advanced reformer, and anatomy (I love the science side of things!).

These days, you’ll find me leading the charge as Head of Pilates Education at Upstate Studios, where I get to mentor and guide the next wave of amazing instructors. Whether it’s nailing the perfect cue or mastering that tricky transition, I’m here to make sure you feel supported every step of the way.”

### MADISON BROWNE

“Hey there, I’m Madison! I’ve spent the last 6 years blending my love for Pilates and fitness with my background in education. I used to be a competitive athlete (which means I love a challenge!), and I’ve carried that same drive into mentoring aspiring instructors.

My goal? To create learning spaces that feel engaging, supportive, and, most importantly, fun! Whether you’re stepping into your first class or refining your teaching style, I’m here to help you feel confident and empowered.”





## CANDICE DRAIN

“Hi, I’m Candice! With over a decade of experience in both education and Pilates, I wear many hats—including Upstate Studios’ Roster Manager, where I oversee more than 100 instructors (yes, I know schedules inside out!).

I love mentoring new trainers and helping them find their groove, whether it’s refining their teaching skills or navigating the ins and outs of the industry. My passion? Making the learning experience as smooth and enjoyable as possible—because when you’re having fun, you learn better!”

## SASHA JONES

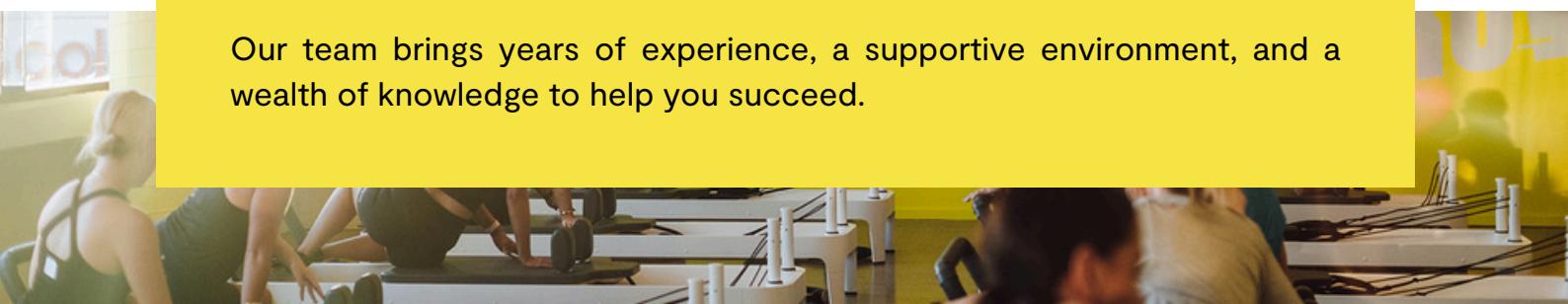
“Hey, I’m Sasha! Pilates and movement education have been my world for the past 6 years, and I’m also deeply rooted in yoga training (so I’m all about that mind-body connection).

I’ve been lucky enough to help launch new studios and training programs, which has given me a real love for seeing instructors grow from the ground up. I’m all about empowering the next generation of Pilates pros—helping you find your unique teaching style and thrive in this amazing industry!”



## WHY TRAIN WITH US?

Our team brings years of experience, a supportive environment, and a wealth of knowledge to help you succeed.



## 7. WHAT'S INCLUDED?

### READY TO FEEL SUPPORTED?

- Comprehensive training manual
- Online resources and video tutorials
- Ongoing mentorship and support

**LET'S GO!**



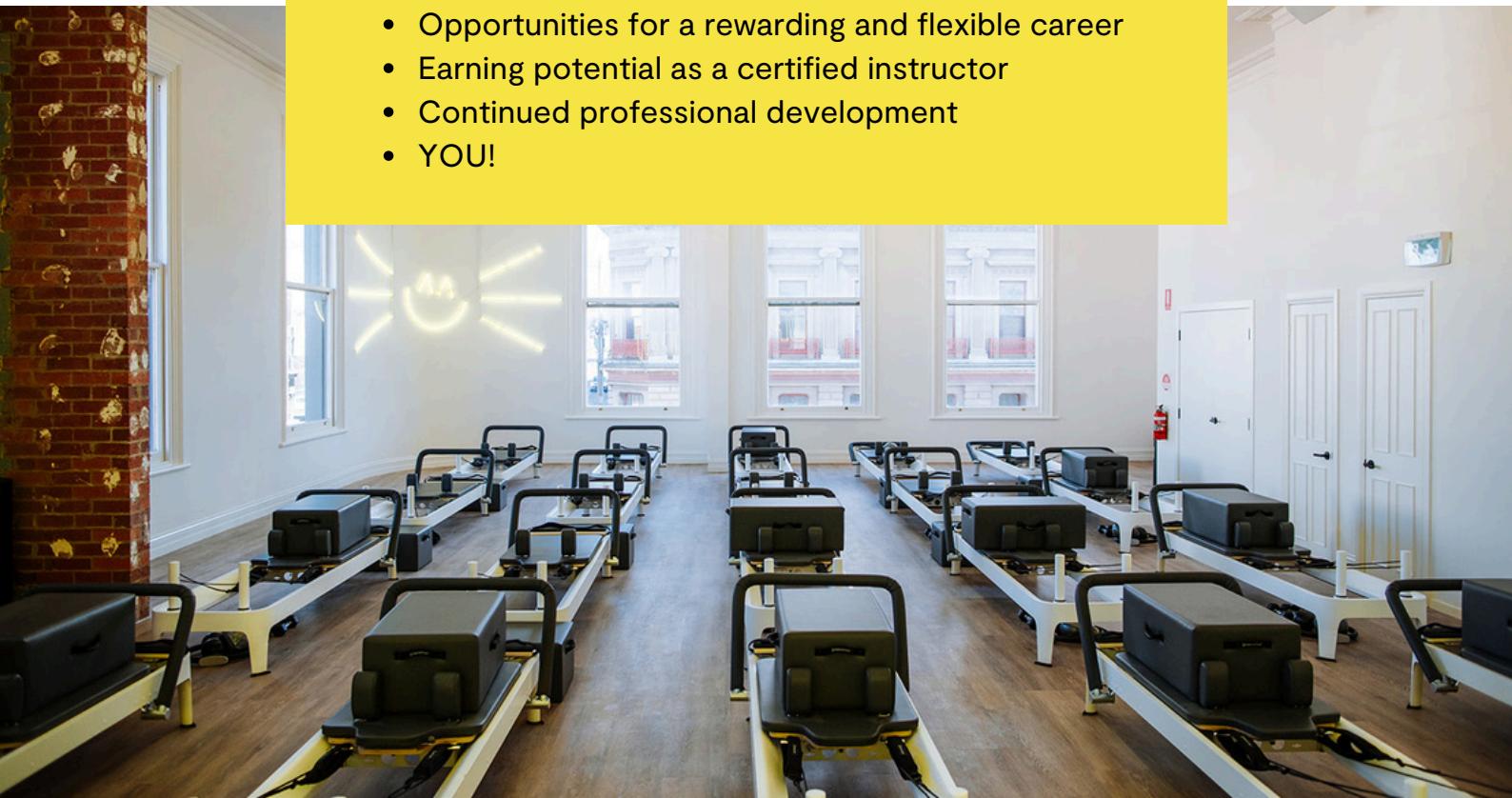
## 8. INVESTED? HERE'S THE INVESTMENT

	Standard Pricing	Early Bird Pricing
<b>Mat Pilates Course</b>	\$2,500	\$2,300
<b>Reformer Pilates Course</b>	\$2,500	\$2,300
<b>Mat + Reformer Course</b>	\$4,500	\$4,300

**FLEXIBLE PAYMENT PLANS AVAILABLE  
BOOK WITH A BESTIE TO RECEIVE \$100 OFF EACH!**

### YOU'RE INVESTING IN:

- Opportunities for a rewarding and flexible career
- Earning potential as a certified instructor
- Continued professional development
- YOU!



## 9. DON'T JUST TAKE IT FROM US



"The balance that Sienna struck of chilled, welcoming, and kind with knowledgeable, ambitious and clear was a huge support to me.

Her gentle and warm nature made me feel super comfortable and capable to try things, ask questions, get curious and learn."



"Madi is so confident and delivered information in a really clear and concise way.

Madi's bubbly personality in the reformer room is contagious, she's really relatable and approachable, and I found the way she delivered content easily understandable."



"I loved learning in such a hands on way.

There undeniably a huge theoretical aspect to reformer but learning the movements in such a hands on way and then learning to teach them, how to cue them and when to use and sequence different exercises was the highlight of this course for me."

# 10. QUESTIONS? WE'VE GOT YOU

## **HOW LONG DOES IT TAKE TO BECOME A CERTIFIED PILATES INSTRUCTOR?**

In just a few months, you'll be certified and ready to rock! Complete your online modules within two months, then show up for your face-to-face training and boom, you're done!

## **HOW MUCH TIME DO I NEED TO COMMIT?**

10 days of in-person training spread over four weekends, or two full weeks if you're doing both Reformer and Mat. Individual courses take half that time. You'll also need to complete 20-40 hours of online learning before the face-to-face sessions.

## **I'M NEW TO PILATES—CAN I STILL TAKE THE COURSE?**

Absolutely! Whether you've never done Pilates or already know your Teaser from your Hundreds, we'll take you from the basics to expert in no time.

## **WHAT DO I NEED TO GET STARTED?**

Just your excitement for Pilates! No experience required, come ready to learn and we'll handle the rest.

## **HOW DO I GET CERTIFIED?**

Easy! Complete your in-person training, log your practice hours and pass a practical assessment, we will be here supporting you the whole way through! We ensure you have the real-world experience and knowledge to confidently start teaching after graduation.

## **IS THE COURSE ACCREDITED?**

You bet! Our fully accredited course means your certification is recognized across the fitness industry. You'll be good to go in studios, gyms or your own private classes.

## **HOW WILL UPSTATE SUPPORT ME?**

We've got your back! Our expert instructors and step-by-step curriculum make sure you feel supported every step of the way. And once your training is complete, you can audition to join the Upstate team!

We also support our students with studio access for practice teaching once their in-person course is complete, with bookable time slots available for 6 months post-course.

## **DO I NEED A REFORMER AT HOME?**

Nope! We provide all the gear you'll need. From Mats to Reformers and props, we've got you covered.

## **CAN I COUNT MY CURRENT PILATES CLASSES TOWARDS OBSERVATION HOURS?**

Absolutely! If you're already hitting the studio, we'll count those hours toward your training. We're all about making things easy for you.

## **WILL I LEARN ANATOMY AND PHYSIOLOGY?**

Yes and we make it engaging! You'll learn the basics of anatomy and physiology, focusing on how it directly applies to Pilates movements and teaching.

## **WHAT CERTIFICATION WILL I GET?**

You'll be certified to teach both Reformer or Mat Pilates or Both! Opening up tons of opportunities in studios, gyms or even privately.

## **DO I NEED GOVERNMENT ACCREDITATION TO TEACH?**

Nope! Your Upstate certification has you covered, but check local rules just to be sure.

## **DO I NEED INSURANCE TO TEACH?**

Yes, insurance is a must! We'll point you in the right direction once you're certified and ready to go.

## **DO YOU OFFER PAYMENT PLANS?**

Split your payments into two or three easy installments. The first payment secures your spot. Book with a friend and save \$100 each!

## **CAN I TAKE INDIVIDUAL COURSES?**

For sure! You can go for the full combo of Reformer and Mat, or choose whichever course fits your Pilates passion!



GET  
ON  
UP