

UPSTATE



UPSTATE PILATES TRAINING GUIDE: ONLINE

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

ONLINE LEARNING EXPERIENCE

- 80 Hours of Content: Structured online modules, completed at your own pace over up to 8 months.
- Upstate Learning Hub: Every lesson, video demo and resource in one online home.
- 1:1 Mentor Sessions: Direct access to an educator for real support — book more anytime.
- Video Demonstrations: Watch every exercise and how to teach it.
- Monthly Workshops + Live Q+As: Live teaching and answers with your educators, every month.
- Class-Planning + Assessment Tools: Templates and tools so you're ready to teach.
- Private Student Community: Support, wins and questions with your crew.

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!

Note: For dual qualifications log book hours are increased to 20 Observation, 50 practice and 50 Self-Practice.



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 IS FOR YOU IF

- You've never taught before and want a career in movement
- You already teach and want to level up
- You love Pilates and want to share it
- You need study that fits around real life

LET'S DO THIS!



6. MEET YOUR ROCKSTAR EDUCATORS



SIENNA DOOLAN

Hey there, Meet Sienna!

Sienna has been teaching and shaping Pilates instructors since 2019, bringing a blend of evidence-based education, practical experience, and a huge passion for empowering new teachers.

She's completed multiple Pre & Postnatal certifications, advanced Reformer training, anatomy studies, and strength-focused workshops, and continues to learn from leaders in women's health, biomechanics, and prenatal programming. Sienna has trained with Breathe Education, Barre Body, Women's Health Collaborative, Studio Pilates, Studio Levels, and industry experts like Miriam Jones, Laura Saggars, and David Tran.

Her teaching style is clear, supportive, and down-to-earth — and she's the brains (and heart!) behind Upstate's Pilates Instructor Training.

LILY HOWARD

Hey there, Meet Lily!

Let us introduce you to the depth of experience she brings to the Upstate Educator team. With an Advanced Diploma in Contemporary Pilates & Teaching Methodology, over 500 hours of Yoga Teacher Training, and certifications in Reiki and Thai Shiatsu, Lily's expertise spans multiple movement and wellness modalities.

She's committed to ongoing professional development through workshops and advanced training, constantly refining her craft.



With over 10 years in the industry, starting at just 16 years old, and her role as an Upstate Sequence Trainer, Lily doesn't just teach pilates.

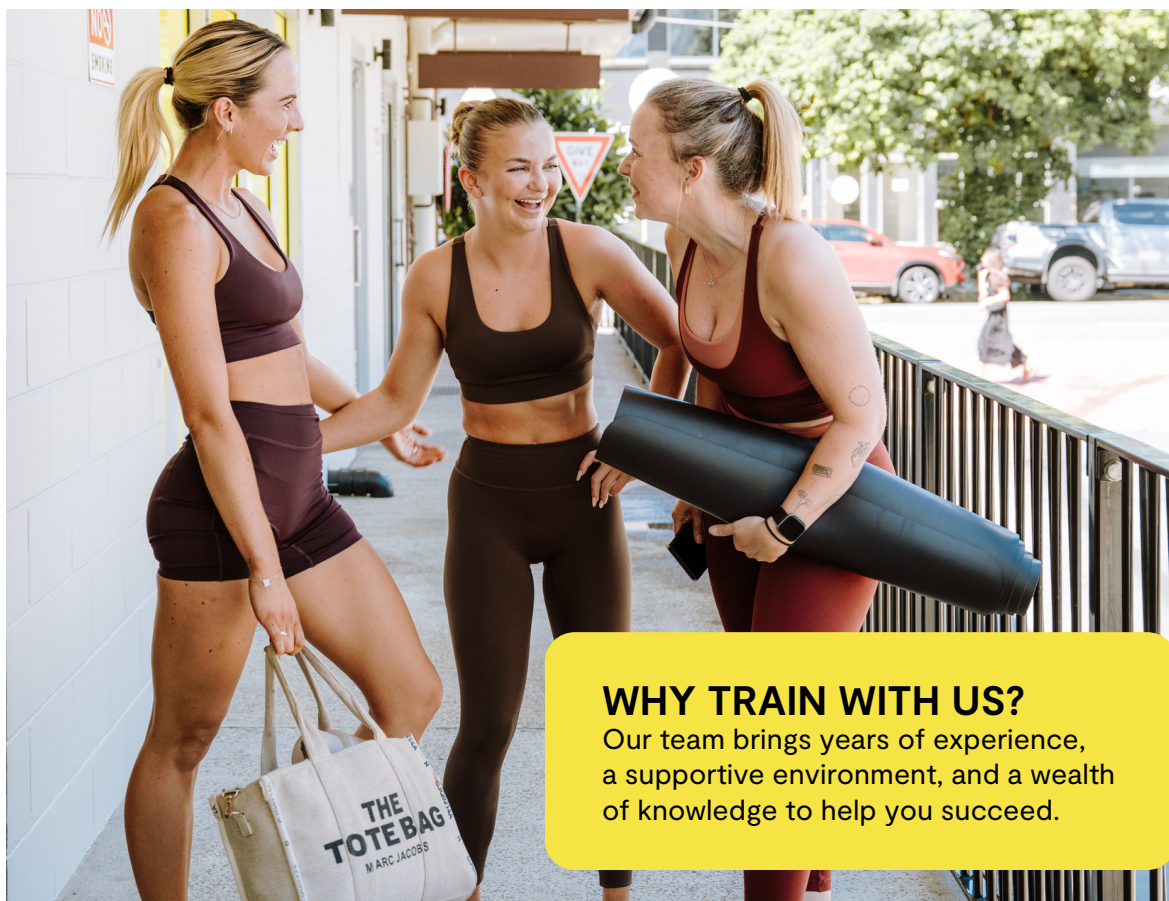
She brings a holistic, well-rounded approach to every session, ensuring you're learning from someone who truly understands the body, movement, and the art of teaching.



VANESSA DI TANO

This is Vanessa!!

One of our amazing Course Educators and Upstate's resident doctor! With her background in medicine and her passion for Pilates, she'll lead you through the anatomy section alongside Sienna, helping you connect the science of movement to what you do on the mat and reformer every day.



WHY TRAIN WITH US?

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

7. CAREER PATH OPPORTUNITIES

MORE THAN YOUR AVERAGE JOB

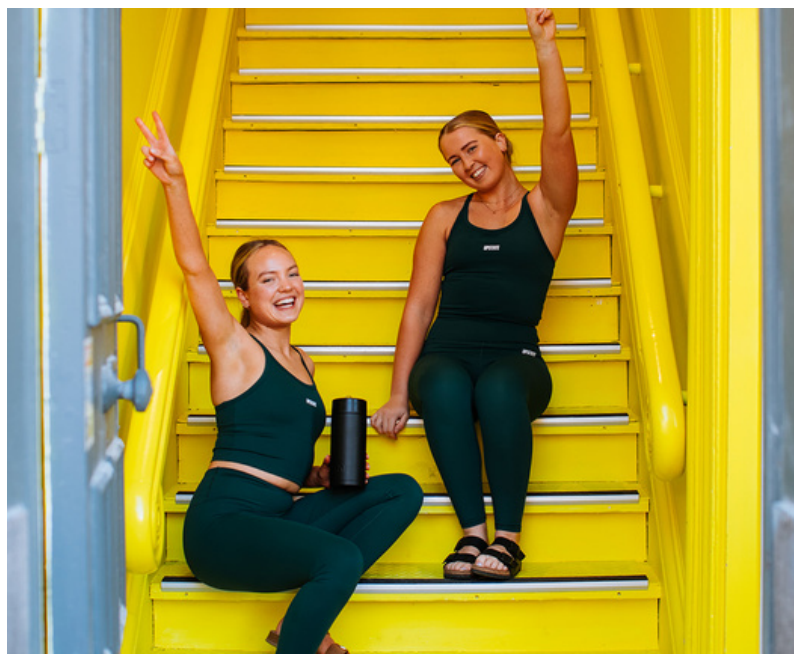
Becoming a pilates instructor allows you to have a more flexible, active lifestyle, help other people, make new friends and so much more...especially at Upstate.

UPSTATE OPPORTUNITIES

At Upstate we always ensure our instructors are encouraged to grow with opportunities such as:

- Becoming a Studio Assistant or Studio Manager
- Joining or leading our Sequence Trainers
- Working on our retreats as an instructor, see our current locations [here](#)
- Combining your weekly teaching with another role in the Upstate Business: Content creation, marketing, admin etc
- Re-locating to help get a new Upstate Studio up and running!

LET'S GO!



8. INVESTED? HERE'S THE INVESTMENT

	Standard Pricing	Early Bird Pricing
Mat Pilates Course	\$1,800	\$1,650
Reformer Pilates Course	\$1,800	\$1,650
Mat + Reformer Course	\$3,000	\$2,850

**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. FAQ'S

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.

CAN I HIRE A REFORMER?

Yes – Your Reformer has created an exclusive offer for our students using the code YRXUPSTATESTUDIOS:

- Free delivery and collection of a Rental Reformer, saving \$149
- First 4 weeks free on the minimum 12-week rental term

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**