



## Career Guides

## Pilates Instructors

Pilates instructors direct, instruct, and guide groups in human movement exercises that do not require equipment.

### Where You Might Work

Pilates instructors can expect to work in gyms and Pilates studios. Some instructors with a wealth of knowledge and multiple years of experience may be hired out during days to instruct sessions in professional/amateur sporting clubs or allied health facilities.



## Key Responsibilities

- › Consulting with health professionals and personal trainers to develop Pilates sessions.
- › Delivering group Pilates classes in a safe and creative manner.
- › Demonstrating and teaching body movements and skills that can be utilised during a Pilates session.
- › Setting up and monitoring fitness equipment, ensuring that it is safe, clean, and in working condition.
- › Teaching and advising on the use of Pilates equipment.
- › Reporting injuries and preparing incident reports.
- › Assisting with member communications within each class.

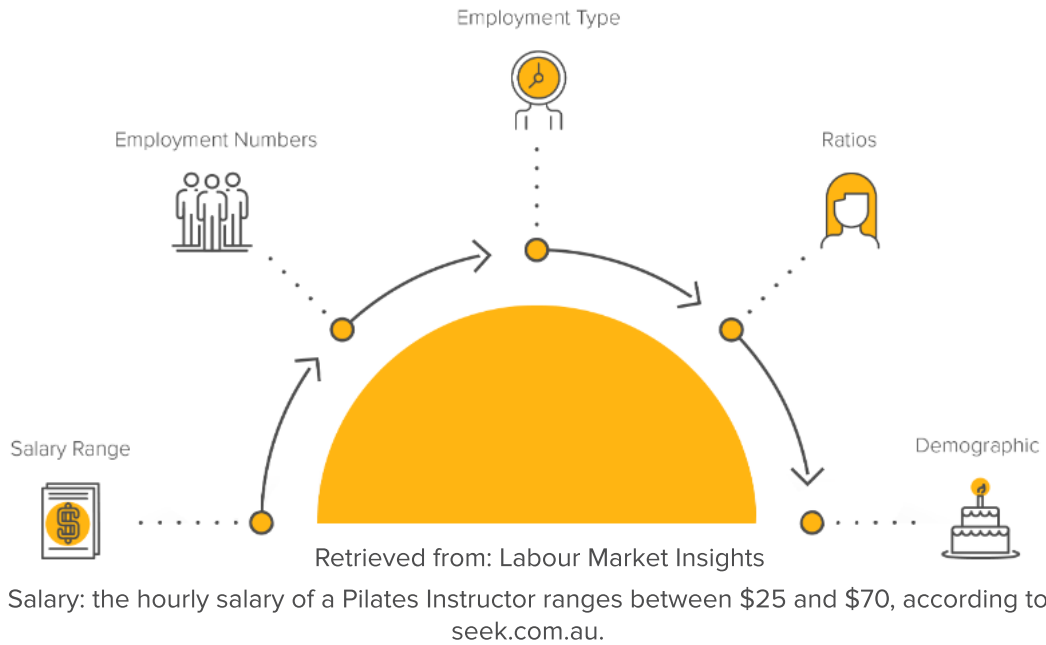
## The Attributes and Skills You Will Need

Pilates instructing requires different skills to succeed in the role. These attributes could include:

- › Good communication skills, both physically and verbally.
- › An ability to motivate clients so they can get the best out of themselves.
- › Able to work collaboratively and individually.
- › A willingness to upskill and learn new modalities.
- › Passionate about health and fitness.



## Quick Facts



## Qualifications

The education pathways listed encompass the most common entry-level courses that can be undergone to become a Pilates instructor.

Course/s	Potential Career Outcomes	Further Qualifications	Duration and Number of elements/units
Certificate III in Fitness (SIS30321)	Equips job seekers and students with the basic skills required to instruct different forms of exercise.	n/a	6 months  15 units recognised by the Australian Qualification Framework
Diploma of Professional Pilates Instruction (10838NAT)	Allows jobseekers and students to become a Pilates instructor for healthy to low-risk clients in a broad range of contexts that are varied and non-routine.	n/a	n/a



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