



KORE+ PILATES TRAINING

www.korepilatestraining

@KORE+ LTD



Who We Are?

“Elevate your teaching. Empower your movement.

At KORE+, we believe Pilates is more than an exercise — it’s a path to understanding the body, enhancing movement, and inspiring others through teaching.

Our studios offer a professional, supportive space where aspiring Pilates instructors can grow, connect, and refine their skills with the full apparatus repertoire.



Empower Yourself Empower Others



The Art & Science of Pilates

Pilates is a system of movement designed to strengthen the body, improve posture, and enhance wellbeing. Using the Reformer and other equipment, we focus on:

- Breath – coordinating movement with mindful breathing
- Alignment – precision in posture for safety and effectiveness
- Control & Flow – seamless transitions that build strength and stability
- Core & Balance – centering the body for lasting strength and mobility

Our courses draw from decades of Pilates history and modern research, blending tradition with evidence-based practice.

Prerequisite: You do not need prior teaching experience prior to joining, however, we recommend attending 5-10 pilates classes at KORE+ to get familiar with the principles of pilates and movement.



Why Train with KORE+

Choosing KORE+ means training with a team that values your growth.

We offer:

- Hands-on guidance – small-group classes with personal attention
- Evidence-based learning – grounding exercises in anatomy and biomechanics
- Mentorship & support – from your first lecture to confident teaching
- Professional studio environment – learn in a calm, inspiring inspired space
- Learn from an award winning pilates studio
- Gain International Qualification

We prepare you to teach with confidence, knowledge, and clarity to become a competent international instructor.

About our Programme

Programme Overview

Our 500 hour Comprehensive Pilates Teacher Training programme is carefully structured to take you from beginner to certified instructor:

1. Mat/Reformer/Advanced Apparatus mastering basic to advanced exercises and teaching techniques.
2. Plus 45hr KORE+ Elite coaching – additional contemporary exercises with weights/ball/ring & exam study tools preparation.
3. Anatomy & Biomechanics – understanding how the body moves and responds
4. Special Populations – adapting Pilates for injury, rehabilitation, and diverse needs
5. Teaching Practice & Assessment – practical experience and evaluation
6. Certification – graduate as a fully qualified KORE+ Pilates Instructor with NPCP accredited curriculum designed by the Pilates Education Institute (PEI)

Format: Online LMS learning, In-studio and face-to-face

Duration: Up to 12 months.

Our courses are delivered online and in-person with flexible options for catch up sessions and 1-2-1.



Enrolment & Assessments

Enrolment Information

Begin your KORE+ journey today:

- Apply online: by visiting the Enrol page
- Upcoming intakes: Check our website for the latest dates
- Pay your 3-% Deposit
- Arrange Payment options: Flexible plans available
- Contact: info@korepilatestraining.co.uk

Certification & Qualification

Certification

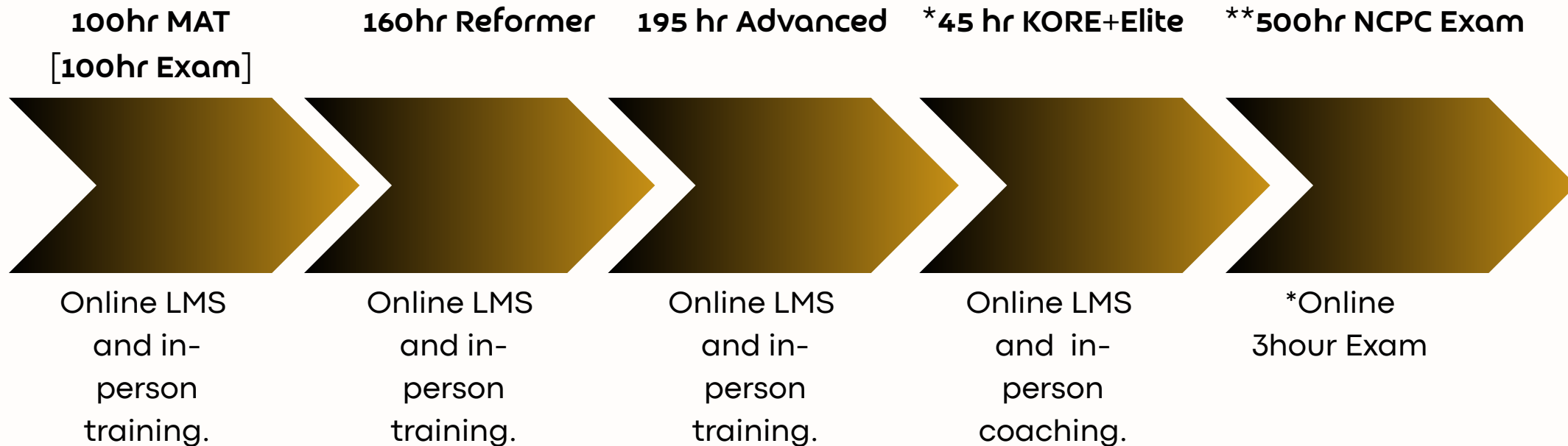
After passing your 500-hour assessment, you will receive a certificate of completion from Kore+ and PEI. You will then be able to sit the NPCP exam to obtain the NCPT certification.

Assessment Information

Assessments include tests and quizzes throughout the programme, as well as practical teaching evaluation and final class presentation.



Qualification Route



*45 hr KORE+ Elite extra contemporary exercises/Recap and Exam Preparation

**Key Details About the 100/500hr Exam (you have the choice to take the Mat only exam or full comprehensive)

- Time Limit: 3 hours.
- Format: 125 multiple-choice questions (100 scored, 25 unscored).
- Delivery: Available online with virtual proctoring from home or office, or in-person at a testing center.
- Content Areas: The exam covers critical observation, teaching, technical expertise, and professionalism.
- Passing Score: 80 out of 100
- You may resit the exam up to 3 times

2026-2027 Pricing

Course Pricing

100-hr MAT PILATES

- £975 (12 Weeks)

160-hr REFORMER PILATES

- £1375 (12 weeks)

195-hr ADVANCED APPARATUS

- £1675 (18 Weeks)

Deposit 30% to secure your spot on any of our programmes. Option of paying in 4, 6, or 12 monthly instalments. Pay for the full 12 month course upfront and benefit from a 15% discount.

Securing your spot

To secure your spot on our next intake, simply pay your 30% deposit via BACS transfer with the reference KORE Pilates Training and email info@korepilatestraining.co.uk to confirm your deposit payment. Please include which programme you are interested and whether you would like 1-2-1 training or the upcoming in-person small group training. We will then get in touch with you to set up instalments.

KORE+ LTD

Sort Code: 30-54-66

Account: 50403360

Dates →



Exam Study Tools



[Return to Life Through Contrology: Transform your body and mind through Joseph Pilates' timeless Matwork.](#)

[National Pilates Certification Exam - Study Guide](#)

[National Pilates Certification Exam - Practice Questions](#)

Further Links

[FAQ's](#)

Our Commitment

Post Qualification

Community & Careers

Graduates join a supportive network of instructors and enthusiasts. We offer:

- Continuing education workshops
- Opportunities for mentorship and collaboration
- Pathways into professional teaching, both in-studio and online

Your journey doesn't end with certification — it's only the beginning.

INSPIRING THE
NEXT GENERATION
OF PILATES
TEACHERS





Get in Touch with Us

Web: www.korepilatestraining.co.uk

Mail: info@korepilatestraining.co.uk

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