

The Classical Pilates Academy

Who we are

The Classical Pilates Academy is dedicated to preserving and promoting the legacy of Joseph Pilates' Classical Pilates Method.

We provide an authentic Pilates education, rooted in the principles and techniques developed by Joseph Pilates himself.

We believe that his method deserves to be taught in its entirety, and we are committed to providing you with the knowledge and skills to excel as a Classical Pilates instructor.



Comprehensive Teacher Training

The Comprehensive Pilates Training Programme is a rigorous and in-depth course designed for individuals who are passionate about Pilates and are looking to become fully qualified Classical Pilates Instructors.

This programme is suitable for people passionate about Pilates. If you have a strong desire to learn, grow, and help others, our Comprehensive Classical Pilates Teacher Training is perfect for you. It is designed to equip you with the confidence, expertise, and qualifications should you want a career in Pilates or take your fitness and standard of the Pilates Method to the next level.

By enrolling in our programme, you'll have the opportunity to cultivate your passion for Pilates while developing the necessary skills to guide and empower others.

Comprehensive Teacher Training

Teacher Training Programme

Our Teacher Training programme is scheduled to begin on the 12th January 2024 and run through 2025. It is a comprehensive course that dives deep into the Classical Pilates Method. It is also externally assessed by Kirk James Smith at the Classical Pilates Centre.

This course is designed and directed by the acclaimed Kirk James Smith, a second-generation Pilates teacher who has garnered 25 years of industry experience. Kirk James Smith, taught by Romana Kryzanowska, a protégé of Joseph Pilates, and first-generation teachers Jay Grimes and Mary Bowen, has an extensive understanding of authentic Pilates methodology.

We take pride in delivering exceptional Pilates education to create instructors proficient in delivering Pilates in its purest form. Our commitment to upholding the legacy of the renowned Joseph Pilates and Romana Kryzanowska guides our training approach.

We'll ensure that you acquire an in-depth understanding of the Method and its benefits. Also, you'll learn how to apply the knowledge to craft compelling instruction with confidence.



Developing a deep understanding of each piece of apparatus in the Pilates System

Unlike other training providers that offer stand-alone courses for individual pieces of equipment, we understand the importance of teaching Pilates as a system.

Each piece of equipment in the Pilates system has a unique role in re-educating the body and achieving different objectives. Our teacher training programme is designed to help you develop a deep understanding of each piece of equipment and how it interrelates with the others.

When we say “comprehensive training” we include the Mat work and the following equipment:

Reformer, Cadillac, High Chair, Wunda Chair, Arm Chair, Ladder Barrel, Spine Corrector, Arc Barrel, Pedi Pole, Foot Corrector, Toe Corrector, Bean Bag, Neck Stretcher, Magic Circle, Weighted Pole and Hand Weights.

01

Beginner - 12th, 13th, 14th January

02

Intermediate - 17th & 18th February

03

Intermediate - 16th & 18th March

04

Intermediate - 20th & 21st April

05

Intermediate - 8th & 9th June

06

Advanced - 7th & 8th September

07

Advanced - 12th & 13th October

What sets us apart?

The Comprehensive Teacher Training comprehensively covers all aspects of the Pilates system, including principles, theory, and exercises on all studio apparatus, preparing you to become an outstanding instructor with a critical eye and attention to detail in your teaching.

Upon enrolment, you will also become an associate member of the VIPilates Classical Studio. This membership provides you with access to self-practice sessions by giving you unlimited access to a practical learning environment and the finest Classical Gratz apparatus, so that you can master the practical aspects of the course to become a highly skilled and competent instructor.

Course

Breakdown for Comprehensive Training

- One three-day block in January 2024
- Six two-day blocks February to October 2024
- A total of 120 delivery hours on the course itself
- Attendance at 20 apprentice meetings of 1.5 hours each
- 450-600 hours of apprenticeship hours prior to final exam
- Case studies
- Exams at 200 hours, 450 hours, 600 hours and final exam





Teachers

Sarah Janes, a highly experienced Teacher Trainer, and Kirk James Smith, an expert Course Director, have joined forces to bring you the only Comprehensive Classical Pilates Course available in the Midlands.

This course is designed for individuals who are passionate about Pilates and want to take their practice to the next level.

Kirk James Smith, Course Director

Kirk James Smith is one of the top Second Generation Pilates Instructors in the world today. Having studied under Romana Kryzanowska, Mary Bowen, and Jay Grimes Kirk has been instructing Classical Pilates since 1998. In 2004 he achieved certification in Greg Roskopf's Muscle Activation Techniques® (MAT) Specialist programme. To combine both his passion for Classical Pilates and MAT Kirk established The Classical Pilates Centre in 2014.

Sarah Janes, Founder of VIPilates and Comprehensive Teacher Trainer

Studio Founder and Teacher Trainer, Sarah Janes, is a comprehensively certified classical Pilates instructor, third generation after completing her certification under Kirk James Smith. She founded VIPilates in 2017. Her belief is that movement heals and we are all on an incredible journey where you never get it done and you never step into the same workout twice.

VIPilates, UK

VIPilates is one of the leading Classical Pilates studio in the Midlands, UK, with a reputation for excellence and dedication to wellbeing. It features multiple locations throughout the Midlands and specialises in a variety of Pilates classes and services. At the heart of our company is our flagship studio, VIPilates Sutton Coldfield, which is a comprehensive Pilates facility that offers a range of classes tailored to suit all levels of experience.



About Us

VIPilates Sutton Coldfield - A Comprehensive Pilates Studio

VIPilates Sutton Coldfield, is our flagship studio renowned for its comprehensive Pilates offerings. With Gratz Classical apparatus and highly trained instructors, we provide a supportive and inclusive environment to enhance your Pilates journey.

Birmingham Pilates Studios - Your Pilates Destination in Birmingham City Centre

Experience the vitality of Pilates at our Birmingham Pilates Studios, located in the heart of Birmingham City Centre. Our studio is designed to cater to the needs and preferences of city dwellers seeking an energising Pilates practice. With a range of specialised classes and equipment options, we ensure that every session at our Birmingham location leaves you feeling refreshed and invigorated.

Satellite Mat Centres - Making Pilates Accessible Across the Midlands

At VIPilates, we understand the importance of accessibility and convenience. That's why we have established satellite mat centres across the Midlands. These additional locations broaden our reach, making Pilates more accessible to individuals seeking the numerous benefits of this practice.

The Classical Pilates Academy - Shaping the Future of Pilates Education

We are proud to host the Classical Pilates Academy under the VIPilates umbrella.

As a trusted name in Pilates education, our Academy offers comprehensive Classical Pilates Teacher Training programs. We are dedicated to maintaining the highest standards of Pilates education and shaping the future of the industry by producing skilled instructors who share our passion for this transformative practice.





VIPilates collective

For more information or to register interest
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