

Pilates

Pilates teachers help clients change and improve their body strength and posture through breathing, stretching and conditioning exercises.

Average salary (a year)



Variable

Typical hours (a week)



32 to 34
variable

You could work



as a contractor / self-employed
managing your own hours

Different routes to get this job

(check the website for entry requirements)

- a college course
- an apprenticeship
- specialist courses run by private training organisations

Day-to-day tasks

In your day-to-day duties you may:

- knowledge of teaching classes
- customer service skills
- the ability to work on your own
- leadership skills
- to be thorough and pay attention to detail
- the ability to come up with new ways of doing things
- patience and the ability to remain calm in stressful situations
- excellent verbal communication skills
- to be able to carry out basic tasks on a computer or hand-held device
- work with clients, either one-to-one or in groups
- design exercise routines that suit the needs and abilities of each client
- teach exercises which are done on a mat, or using specialist equipment
- break down exercises and help clients to establish good movement skills using exercises to target problem areas
- keep detailed client records
- maintain your own level of fitness through regular practice
- teach clients to handle stress and to relax more easily
- seek new clients or venues
- advertise and market your classes

Regularly check Teams channel "[Careers advice for students](#)"