



IQ Lifestyle

COURSE PROSPECTUS

Level 3 Diploma in Delivering Pilates Sessions — Mat & Reformer

Focus Awards (RQF) · Approved by REPS UAE

FITNESS EDUCATION & CORPORATE WELLNESS — DUBAI, UAE

REPS UAE ENTRY LEVEL F · PILATES INSTRUCTOR

About IQ Lifestyle

Established for over ten years, IQ Lifestyle is a UAE-founded fitness and wellness education company operating across multiple territories worldwide. We were built on a simple concept: giving people the training and accreditation they need to start — or take the next step in — a career in fitness and wellness.

Our founders bring a combined background spanning luxury hotels, cruise ships, entertainment, and wellness retreats, and this is reflected in the standard we hold our courses to. All IQ Lifestyle courses are fully accredited, alongside bespoke training programmes we design for corporate wellness and skills projects.

Over the years, we've partnered with leading clubs and hotel groups across the UAE, delivering professional development for their coaching teams and recommending top talent from our graduate network.

Beyond education, IQ Lifestyle operates in the events space and offers talent management services, with every graduate eligible to access these opportunities as part of the IQ Lifestyle community.

How It Works — Entry-Level Pathways

IQ Lifestyle offers REPS UAE-recognised entry-level qualifications across ten specialisms, giving you a clear starting point whatever direction you want your career to take.

A. Personal Trainer

For those who want to work one-to-one with clients, designing and delivering tailored training programmes to help them reach individual fitness goals.

B. Gym Instructor

The foundation qualification for anyone looking to work on the gym floor, guiding members safely through equipment and general fitness programmes.

C. Group Fitness Instructor

For those who want to lead structured, choreographed group exercise classes and motivate a room full of participants at once.

D. Group Fitness Freestyle Instructor

Similar to group fitness, but for instructors who want the flexibility to design and adapt their own class format and music rather than follow a fixed choreography.

E. Yoga Teacher

For those drawn to mind-body practice, teaching yoga postures, breathing, and alignment across a range of styles and class levels.

F. Pilates Instructor

For those who want to teach mat-based Pilates, focusing on core strength, control, and posture.

G. Pilates Instructor (Comprehensive)

A more advanced pathway building on the standard Pilates Instructor qualification. Candidates first complete the mat, or mat and reformer, combination, then extend their training to include the ladder barrel, spine corrector, Cadillac, and Wunda chair. Once all apparatus is covered, the instructor qualifies as Comprehensive.

H. Aqua Fitness Instructor

For those who want to deliver fitness classes in water, using resistance and buoyancy to train clients of all fitness levels and abilities.

I. Children's Fitness Instructor

A specialism for those who want to work with younger age groups, delivering age-appropriate, engaging fitness sessions for children.

J. Advanced Exercise Specialist

The most advanced entry-level route, for those looking to work with specialist or higher-risk populations requiring a deeper level of exercise science knowledge. This category cannot be achieved until at least one year after registering with REPS UAE, and candidates must have a minimum of five years' experience. To take this category, candidates must also hold one of our Level 4 certificates in: Mental Health (specialising in physical activity), Physical Activity and Lifestyle Strategies for Low Back Pain, Physical Activity Programming for Obesity and Lifestyle Change, or Physical Activity and Lifestyle Strategies for Diabetes.



Payments

Standard course fees are listed on each course page. These are standard rates, quoted per individual.

For corporate rates, and for groups of five or more, please reach out for a personalised quote.

Flexible Payment Plans

For those who'd prefer to spread the cost, we offer flexible instalment plans through Tabby and Tamara.

Course Policies

Refunds & Transfers

All course fees are non-refundable and non-transferable. If you miss any mandatory attendance dates, or need to complete the course on later dates than the course you originally booked, additional fees will apply.

Course Completion

Courses must be completed within six months of the first mandatory attendance date.

Attendance

Participants must attend at least 80% of the course to pass. Missing mandatory attendance dates significantly increases the risk of not passing, and participants who do not meet the 80% attendance requirement may not be eligible to register with REPS UAE.

Assessment Resits

If you need to retake an assessment, the following fees apply:

Practical assessment resit — per practical exam	AED 450 + VAT
Theory exam — first resit	Complimentary
Theory exam — each subsequent resit	AED 300 + VAT



Level 3 Diploma in Delivering Pilates Sessions — Mat & Reformer

FOCUS AWARDS (RQF)

REPS UAE ENTRY LEVEL F

GLOBALLY PORTABLE

Mandatory Attendance Dates	10, 17, 24, 31 January + 14, 21, 28 February 2027
Timings	10:00am – 6:00pm
Location	Konnect by Metrofitt, Jumeirah, Dubai
Expected Completion	March / April 2027

Course Approach

This course follows both classical and contemporary Pilates syllabi. We do not teach to one specific school of thought in programming, giving you a well-rounded foundation to draw from.

Assessment

Certification is based on successfully passing your coursework, online quizzes, teaching logs and the following assessments:

- **Pilates Theory exam** (invigilated) — required for all students
- **Anatomy, Physiology & Principles of Exercise exam** (invigilated, combined) — students registered with REPS UAE who hold a previous IQ Lifestyle Personal Training certificate are exempt
- **Practical assessment** — an initial practical assessment combining both Mat and Reformer, taken after the mandatory attendance dates, to confirm your competency

Mandatory Teaching Hours

Successfully completing your assessments makes you eligible for your mandatory teaching hours. You will then teach 10 further classes at Metrofitt KONNECT before full certification is issued. These may be Mat or Reformer, depending on the studio's requirements.

As well as looking great on your CV, these teaching hours are mandatory for certification and to meet UAE Pilates requirements.



Home Study

Home study begins immediately upon registration.

Additional Requirements

- Complete the required online learning
- Complete a minimum of 40 hours of self-practice before you begin teaching your 10 classes at Metrofitt KONNECT. Self-practice hours should be recorded, starting from your date of payment for the course

Metrofitt KONNECT Membership

This course includes a 3-month (12-week) Metrofitt KONNECT membership, starting on your first face-to-face training date. You can use the facilities to practise and prepare for sessions in between class times.

The membership expires 12 weeks after it starts. It is only available for that period and will not be extended if you have not completed the course by then, or if you transfer to later course dates part-way through. To continue practising after it expires, you will need to arrange a membership directly with Metrofitt KONNECT, at your own cost.

Progression

This course is a pre-requisite for our apparatus specialisms — Ladder Barrel, Spine Corrector, Chair, Cadillac & Tower.



Fees

Standard Rate — card / Tabby / Tamara / instalments

AED 10,000 + VAT

Early Bird — one-time bank transfer (first 5 registrations only)

AED 9,500 + VAT

REPS UAE Members — AED 1,000 off the above prices. A copy of a valid, in-date REPS UAE card must be provided at the time of registration and first payment; the licence must be in-date at that point to qualify.

IQ Lifestyle Graduates / Current Students — a further 5% off for anyone who has completed another certificate with us within the last 12 months, or who is currently studying on any other IQ Lifestyle course.

Location

Konnect by Metrofitt

Beach Park Plaza, 2 Jumeira St, Jumeirah
Dubai, United Arab Emirates



Scan or tap for map

Ready to Register?

Complete the IQ Lifestyle registration form to secure your place. Registrations and payments must be made at least 7 days before the course start date. Once submitted, an invoice will be sent for payment within 7 days.



Scan or tap to register

Or register directly at: form.jotform.com/242814502945457