

## **PILATES INSTRUCTOR**

To be qualified you are required to complete a course (or several) with an accredited private provider. Currently there is no government endorsed accreditation, so courses range in price and duration depending on where you enroll.

You will work as a sole trader running your own business or as an employee at a studio, health club or gym.

In a normal day you will teach classes. If you are self-employed, you will need to travel each day to various locations, e.g. schools and offices; or hire a space, e.g. at a physiotherapist practice and teach from there. If you work in a studio, you will operate on a roster system.

The hard part is balancing friends and family around your busy work schedule. Pilates instructors tend to teach when other people are not working (i.e. early in the morning or after 6pm).

You will earn approximately \$20 to \$55 per session, depending on your qualifications, instructor fees or employer.

*Source: Women's Fitness Magazine July 2013*