



GREEN PILATES MOVEMENT STUDIO

A little history of my career

I first started in the fitness industry in 1989 working part time in a local gym whilst at college training to be a legal secretary. In 1992 I made the career change into fitness and started my first qualifications, Fitness instructor and Exercise to music qualifications in 1993.

I worked in local independent gyms and as a freelance aerobics' instructor teaching in community halls and venues until 1994, when I started working at Riverside Leisure Centre as the gym manager and aerobics instructor, I completed my BAWLA (British Amateur Weightlifting Association) and my Fitclub qualifications (kids fitness).

In 1995 I ventured onto the cruise ships and had an amazing experience as the fitness manager seeing many countries from Iceland, Brazil, Uruguay, Argentina and most of Europe. On my return a year later, I started work at Bramston Sports centre in Witham again working in the gym and teaching classes, I completed my Powerbox instructor, Fitness Instructor Level 1 and Step Reebok in 1995 and a nutritional management course in 1996, and 1997 I complete my NABBA (National Amateur Bodybuilding Association), an NVQ in sport and recreation, senior exercise prescription, aqua level 1 & 2, Pool lifeguard, professional pool lifeguard, Reebok City Jam, circuit training, Fitclub level 2 and my D32/D33 assessor qualification

In 1998 I starting work as a Fitness Manager for Fitness First in Chelmsford opening the club from a building site, this was a great experience for me working for a large and growing health club chain. In 1999 I completed my Aerobiking, Life fitness Instructor training, Sports psychology, Tai Fit instructor training and pre and post natal, advanced pre and post natal, yoga through pregnancy, and Energise weigh loss programme qualifications.

In 1999 I was promoted to General Manager of a London Fitness First club, and it was during this time that I met Michael King, we were in Fitness First Bournemouth doing Karaoke Aerobics, yes this was a real thing, and I had been plagued with knee, shin and lower back pains from the twenty plus classes a week I was teaching, during the break Michael showed me 6 Pilates moves to do and told me to do them every day, it truly changed my life and in 1999 I completed my Pilates Matwork training with the Pilates Institute.

In 2000 I returned to Bramston Sports Centre as a Fitness manager. I also worked as tutor and assessor for the Pilates Institute as well as teaching in their London Pilates studios, as if I was not busy enough I set up my own company 'Schools Fitness Advisory Service' teaching Teachers how to deliver aerobics to children as part of their PE curriculum and also worked with Fitness Forum running large Fitness Conventions in the UK.

I completed more training including Aston Patterning module 1 & 2, Advance GP exercise referral, Back care the Pilates Way, Pulse Spin Training, Pilates Reformer, Pilates Fundamentals, First Aid at work instructor training, Moms Plus, and smoking cessation training.

Over the following two years I travelled up and down the country delivery training, presenting at conventions and carry very heavy reformers up and down flights of stairs and in and out of transit vans as we moved around the country presenting Pilates with the Pilates Institute. I also wrote a range of books including "Pilates for Pregnancy", "Pilates the complete body system" and "weights for women" and a range of Pilates workbooks which were translated into a range of languages and sold around the world.



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I also worked with the Physiotherapy department of Portland Hospital, training the physios in Pilates and exercise for post natal care, and also taught Pilates at Lords Cricket Ground, I have been a guest speaking for the Back Care association and have provided training for Spirto Physiotherapists.

In 2002 I started work with LA Fitness as a Group trainer focusing on their studio programmes but also delivery First aid training, I designed and delivered LA Spin, LA Aqua, LA pre and post natal, LA Gym, LA ball, LA evergreen and many more programmes. Again, I did some training, but this time only Synergize, a yoga fusion programme.

In 2002 I was asked to join the TEG group (Technical Expert Group) for Skills Active, the Skills councils for Active and work as and evaluator and quality assurer.

In 2005 I completed my Level 4 Certificate in further education teaching, and in 2006 after having had two children I started work at Braintree College as a lecture for Fitness and Sport as well as childcare and Health and social care.

In 2007 I updated my assessor qualification to the A1 NVQ Vocational Assessor and in 2009 completed the V1 internal quality assurance, as well as completing equality & diversity and safeguarding training. During this time, I continued to work at the college as well as working as a freelancer tutor, assessor and IQA (Internal Quality assurer) for a range of private training providers across the UK.

In 2009 I had my third child and also managed to complete my Level 5 Professional Certificate in Education as well as updating my level 3 qualifications including Level 3 Advanced Exercise Fitness and Knowledge.

In 2011 I started working with CYQ as a guidance assessor for their teacher, assessor and IQA qualifications and in 2012 went to Cyprus as a consultant to support the setup of a new training school.

In 2012 I updated my Pilates qualification due to new regulations, completed the Spirals training and gained my qualification as an External Quality assurer. I was still working at the college, teaching classes at Bannatyne and in my church halls as well as doing private tutoring, assessing, IQAing and EQAing.

During my time as a consultant and EQA I have been very fortunate to be involved with many Pilates training schools, MK Pilates, JPilates, Body Control Pilates, APPI, BASI, Polestar Pilates, Pi Studio, Pilates Union, Pilates Foundation to name but a few. From each school I have learnt a different insight into the Pilates Method that has help me to truly embrace and embody the method into my own teaching.

In 2015 I completed my Level 4 Lower back pain qualification and started my Chiball qualification which I completed in 2016.

In 2019 I had an amazing visit to India to work with REPS India supporting them on the delivery of their qualifications and creating new industry standards, in this year I did my matwork Pilates with Pi studio a classical Pilates school and in 2020 completed my level 4 Cancer and exercise rehabilitation and Pink Ribbon Program Post Rehabilitative Breast cancer Exercise Specialist.

In 2020 I decided to collate all of the above into one place and opened the Green Pilates Movement Studio with the aim to run a range of classes, support new teachers and to be a centre for training and education in partnership with Muse Fitness.



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During lockdown I kept busy with more training including Covid-19 Recovery and Rehabilitation Programme, Mental Health and Wellbeing, The foot collective and TriggerPoint Pilates.

I am very proud to be the Qualifications Standards Manager for PD:Approval, this has entailed writing standards for REPs India, REPs UAE, REPs Ireland and the new standards for The Society of the Pilates Method (SPM) the newest Pilates membership, The SPM has been formed to create an alliance of Pilates training providers within the UK to ensure and promote the delivery of quality training.