REFORMER COURSE

Who this course is for

For anyone wanting to become a confident Pilates Reformer Instructor, or movement professionals looking to expand their apparatus-based teaching.

Learning outcomes

Learn to use the Reformer to help clients reach goals safely and effectively, apply Polestar screening and assessment tools, design structured classes, adapt them for special populations, and teach with strong cueing and personalised instruction. You'll also join the global Polestar community for ongoing mentorship and teaching opportunities.

In-person Course Dates	**2026:** 31 May Reformer 1 | 28 Jun Check-off 1 | 26 Jul Reformer 2 | 30 Aug Check-off 2 | 6 Sept Reformer 3 | 4 Oct Check-off 3 (Exam: End Oct) **2027:** Starts 21 & 22 Feb
Location	Polestar Pilates South Africa, 29 7th Avenue, Parktown North, Johannesburg
Tuition	R33 500 (payment plans available)*
Certification	Polestar Pilates Diploma (qualifies toward National Pilates Certification Program)
Facilitator	Heidi Wright (F.I.S.T.D. / F.C.U.S.A. / Final Diploma/NCPT)

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