

POSE BARRE

Becoming A Barre Fitness Instructor Course Fees & Licensing



Created by Sarah Partington for
Pose Fitness Limited.

Available Training Courses & Fees

8 hour training course - £195

This training course is designed to help bridge the gap between dance and fitness. For those with experience of exercise to music or dance it can be supportive in helping the individual in your class with no understanding of dance based movement. For those with experience of fitness but no ballet, we will provide you with the knowledge and vocabulary that is expected by your class. This is where most fitness instructors feel out of their comfort zone in barre. We will show you the tricks and pointers that dancers use to finish off movement which can be exciting to a class and want them to take part more often.

Pre-requisites for Pose Barre* -

Level 2 Exercise to Music / Level 2 Fitness Instructor

Personal Trainer

Full Ballet Teaching Certification

Pilates Teacher

Yoga Teacher

*Please feel free to contact us if you are unsure about this being the course for you.

Pose Barre Licensing by Pose Fitness Limited

Once qualified as a Pose Barre instructor you will have all the tools that you need to complete your very own Pose Barre classes in the UK. We release new choreography each quarter for you to use for your classes and can play them to your own music or our recommended playlists (please note you will need a separate PPL licence to play music if your gym doesn't already for you)

There are two ways that you can make payment to Pose Fitness Limited...

Monthly by online account payment

£12.00 a month. You are able to cancel this with 30 days notice but you will no longer be allowed to teach Pose Barre fitness classes if you choose to do this.

Yearly by Direct Debit

£120.00 per year. You are able to cancel this between each release with 30 days notice but you will no longer be allowed to teach Pose Barre fitness classes if you choose to do this.

Should you wish to teach in a gym or studio then they will need to be registered with Pose Fitness as a centre that can teach Pose Barre. Please ask us for a list of these or contact us should you need to discuss a new gym registering with us.

We do not set a parameter automatically for individual instructors who set up in outside halls and dance schools but, should you wish for us to support you in this then this is available. Please ask to see the programme for studio set up which also guides fees for small individual business set up and larger establishments too.

PLEASE NOTE - Pose Barre is licensed under Pose Fitness Limited and you are not allowed to teach the choreography without adequate licensing from Pose Fitness Limited. Course fees are subject to change and adaption with 3 months notice.

