

Date issued: 12/12/2019

Certificate number: 1106441

Learner number: 279263

91E0DB64-723E-409D



B60C-E30FC1736BD8  
AuthentiQual.com

This is to certify that

**Sandra Ostapova**

has been awarded the

**Active IQ Level 3 Diploma in Instructing Pilates Matwork**

Qualification Accreditation Number: 501/1778/6

In successfully achieving this qualification the learner has been awarded the following unit(s) and credit(s)

Anatomy and physiology for exercise and health (A/600/9051) 6 Credits at Level 3

Health, safety and welfare in a fitness environment (T/600/9016) 2 Credits at Level 2

Instructing pilates matwork (K/602/5326) 10 Credits at Level 3

Know how to support clients who take part in exercise and physical activity (M/600/9015) 2 Credits at Level 2

Principles of exercise, fitness and health (A/600/9017) 4 Credits at Level 2

Principles of pilates matwork (D/602/5324) 4 Credits at Level 3

Programming pilates matwork (H/602/5325) 9 Credits at Level 3

8 Credits at Level 2

29 Credits at Level 3

Jenny Patrickson  
Managing Director



Qualifications Wales regulates this qualification where it is awarded to learners assessed wholly or mainly in Wales





## Certificate of Excellence

This certificate confirms that:

**Sandra Ostapova**

has successfully completed the following programme:

**Level 2 Certificate in Gym Instructing**

Certificate No:

**000012794**



Date of Completion:

**24th June 2021**

A handwritten signature in black ink, appearing to read 'L.D. Cain'.

**L.D. Cain**  
Executive Director

**become  
more**



## Certificate of Excellence

This certificate confirms that:

**Sandra Ostapova**

has successfully completed the following programme:

**Level 3 Award in Business Skills for the Fitness Professional**

Certificate No:

**000012754**



Date of Completion:

**27th September 2021**

A stylized, handwritten signature in black ink.

**L.D. Cain**  
Executive Director

**become  
more**





## Certificate of Excellence

This certificate confirms that:

**Sandra Ostapova**

has successfully completed the following programme:

**Level 3 Certificate in Personal Training**

Certificate No:

**000012753**



Date of Completion:

**23rd October 2021**

A handwritten signature in black ink, appearing to read 'L.D. Cain'.

**L.D. Cain**  
Executive Director

**become  
more**

# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Ostapova*

has been successfully awarded the

## **Level 3 Award in Teaching Pre & Post Natal Clients**

In achieving this qualification the recipient has demonstrated knowledge in how to

Programme safe and effective exercise sessions for pre and post Natal clients  
Physical activity, health and nutritional considerations for pre and post natal clients

*Joanne Cobbe*

Joanne Cobbe

Date issued: 8th August 2023



# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Ostapova*

has attended the

## PILATES FOR CHILDREN WORKSHOP

In achieving this certificate the recipient has demonstrated

A knowledge of the Anatomy & Physiology relating to exercise programming for children's health at the various key stages.  
How to maintain health, safety, welfare and safe guarding in the Pilates environment  
How to create safe and effective programme design for children aged 5 to 16 years.

*Joanne Cobbe*

Joanne Cobbe

Date issued: 20th January 2024



Date Issued: 24/06/2024

Certificate number: 165432

Learner number: 279263



Active iQ

This is to certify that

**Sandra Ostapova**

has been awarded the

## Active IQ Level 3 Award in Assessing Vocationally Related Achievement

Qualification Accreditation Number: 501/0162/6

In successfully achieving this qualification the learner has been awarded the following unit(s) and credit(s)

Assess vocational skills, knowledge and understanding (F/601/5319) 6 Credits at Level 3

Understanding the principles and practices of assessment (D/601/5313) 3 Credits at Level 3

9 Credits at Level 3

Jenny Patrickson  
Managing Director



*Qualifications Wales regulates this qualification where it is awarded to learners assessed wholly or mainly in Wales*

# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Lockhart*

has been successfully awarded the

## CERTIFICATE IN TEACHING THE BARRELS COLLECTION

In achieving this certificate the recipient is able to  
teach the Barrels Repertoire to both group and  
individuals

*Joanne Cobbe*

Joanne Cobbe

Date issued: 16th April 2025





# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Lockhart*

has been successfully awarded the

## CERTIFICATE IN TEACHING THE WUNDA CHAIR COLLECTION

In achieving this certificate the recipient is able to  
teach the Wunda Chair Repertoire to both group  
and individuals

*Joanne Cobbe*

Joanne Cobbe

Date issued: 8<sup>th</sup> May 2025



# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Lockhart*

has been successfully awarded the

## CERTIFICATE IN TEACHING THE CADILLAC/TOWER

In achieving this certificate the recipient is able to  
teach the Cadillac/Tower Repertoire to both group  
and individuals

*Joanne Cobbe*

Joanne Cobbe

Date issued: 23<sup>rd</sup> June 2025



# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Lockhart*

has been successfully awarded the

## CERTIFICATE IN TEACHING THE ESSENTIAL REFORMER

In achieving this certificate the recipient is able to  
teach the Essential Reformer Repertoire to both  
group and individuals

*Joanne Cobbe*

Joanne Cobbe

Date issued: 23<sup>rd</sup> June 2025





# CERTIFICATE OF ACHIEVEMENT

This is to recognise that

*Sandra Lockhart*

has been successfully awarded the

## CERTIFICATE IN TEACHING THE PROGRESSIVE REFORMER

In achieving this certificate the recipient is able to  
teach the Progressive Reformer Repertoire to  
both group and individuals

*Joanne Cobbe*

Joanne Cobbe

Date issued: 23rd June 2025

