

2010 STOTT® PILATES Certification Courses

Advanced Reformer, Level 2 (\$450)**

January 29,30,31 (Fri/Sat/Sun. 11:00-5:00pm)

Intensive Reformer, Level 1 (\$1500)**

February 18,19,20,21 (Thurs/Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)
February 26,27,28 (Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)
March 12,13,14 (Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)

Injuries & Special Populations, Level 1 (\$900)**

March 25,26,27,28 (Thurs/Fri/Sat/Sun. 11:00-5:00pm)

Intensive Mat Plus, Level 1 (\$1000)**

April 16,17,18 (Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)
April 23,24,25 (Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)
May 7,8 (Fri/Sat 12:00-5:00pm)

Advanced Mat, Level 2 (\$150)**

May 9 (Sun. 11:00-5:00pm)

Intensive Stability Chair, Level 1 (\$525)**

May 21,22,23 (Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)

Intensive Barrels, Level 1 (\$350)**

June 5,6 (Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)

Intensive Cadillac, Level 1 (\$850)**

August 6,7,8 (Fri/Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)
August 14,15 (Sat 12:00-5:00pm) (Sun. 11:00-4:00pm)

Exam Dates

February 5 (Fri.—Call Jenny to set up an appointment)
April 2 (Fri.—Call Jenny to set up an appointment)

For more information contact:

Jenny Carr

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**SPACE IS LIMITED! CALL TODAY
TO RESERVE YOUR SPOT!**



STOTT PILATES®

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*Dates & Times are subject to change **Pricing does not include required course materials

INTENSIVE MAT-PLUS (IMP)

IMP provides you with the solid foundation and skills you need to develop effective and motivating group and personal training programs. At the end of the course you are qualified to design and teach the Level 1 (Essential and Intermediate) Matwork™ repertoire, integrating small equipment to add variety and meet the specific needs of your clients. In addition to the general course objectives, you learn:

- Workout composition for personal and group training
- Essential, Intermediate and Power workouts
- Flex-Band®, Fitness Circle® and Arc Barrel workouts
- Modifications for specific body types, postural issues and conditions
- How to incorporate resistance equipment to support and intensify exercises
- Theory and practice of postural analysis
- 63 exercises plus multiple modifications

Required Course Materials:

- Mat/Reformer Support Materials Book
- Comprehensive Mat Manual
- Essential Mat Work DVD 3rd Edition
- Intermediate Mat Work DVD 3rd Edition
- Sulpt & Tone DVD
- Fitness Circle Challenge DVD

Duration:

40 hours of instruction
 Plus: 10 hours observation
 30 hours physical review
 15 hours practice teaching

INTENSIVE-REFORMER (IR)

This course teaches you how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in group or personal training settings for a range of clients. While IR may be taken prior to IMP, we recommend completing IMP first. In addition to the general course objectives, you will learn:

- Effective use of the Reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- How to develop programs for personal and group classes
- Essential, Intermediate and Power workouts
- Effective communication, visual skills, verbal cueing and imagery for performance enhancement and client motivation
- Modifications for specific body types, postural issues and conditions
- Theory behind exercise modification development and usage
- Exercise layering related to effective program design
- 129 exercises plus multiple modifications

Required Course Materials:

- Mat/Reformer Support Materials Book
- Essential Reformer Manual
- Intermediate Reformer Manual
- Essential Reformer DVD
- Intermediate Reformer DVD

Duration:

50 hours of instruction
 Plus: 10 hours observation
 40 hours physical review
 25 hours practice teaching

INTENSIVE CADILLAC, CHAIR, AND BARRELS (ICCB)

The ICCB training is broken up into 3 modules: cadillac, chair and barrels. one may choose to attend all 3 modules in any order, but must complete all 3 in order to certify. ICCB prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac Trapeze Table, Stability Chair™, Ladder Barrel, Spine Corrector and Arc Barrel. By the end of all 3 modules you are able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals. Beyond the general course objectives, you learn:

- Effective use of equipment to enhance torso stability and strength, peripheral extremity training, joint stability, flexibility, balance and coordination
- How to develop dynamic programs in a full studio environment
- Modifications for specific body types, postural issues and conditions
- 282 exercises total (for all 3 modules) plus multiple modifications

Required Course Materials:

- Essential Cadillac 2nd Edition
- Intermediate/Advanced Cadillac
- Complete Arc Barrel
- Complete Spine Corrector
- Complete Stability Chair
- Complete Ladder Barrel
- Essential Cadillac DVD
- Intermediate Cadillac DVD
- Essential Stability Chair DVD
- Intermediate Stability Chair DVD
- Split-Pedal Stability Chair DVD
- Arc Barrel DVD
- Spine Corrector/Spine Supporter DVD
- Ladder Barrel DVD

Duration:

cadillac-
 25 hours (5 days)
chair-
 15 hours (3 days)

barrels-

10 hours (2 days)
 50 hours of total instruction
 Plus: 10 hours observation
 40 hours physical review
 25 hours practice teaching

