

STOTT PILATES®

Comprehensive Matwork & Reformer

CMR

Successful Pilates programs begin with a strong foundation. This comprehensive STOTT PILATES® program is designed for those who have little to no experience in the fitness or movement field. Discover the skills and repertoire needed to teach Matwork and Reformer sessions to clients and groups at any level.

CMR provides the training necessary to develop effective personal training and group programs with a solid base in anatomy and postural assessment. Learn to design workouts using the Level 1 (Essential & Intermediate) Matwork and Reformer repertoire, integrating light equipment to meet the needs of the client.

Instructors Learn

- ▶ Functional anatomy (lecture/demonstration format)
- ▶ Use of Flex-Band® exerciser, Fitness Circle® resistance ring and Arc Barrel to enhance, support and intensify strength and flexibility exercises
- ▶ How to develop effective Matwork, Reformer and combined Matwork & Reformer programs for personal and group training
- ▶ Essential, Intermediate, Power workouts, exercise layering for effective program design
- ▶ Theory and practice of postural analysis
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ 185 exercises, plus multiple modifications

Prerequisites

- ▶ Some training in dance, fitness or movement
- ▶ 30 hours Pilates classes/workouts

Equipment Presented

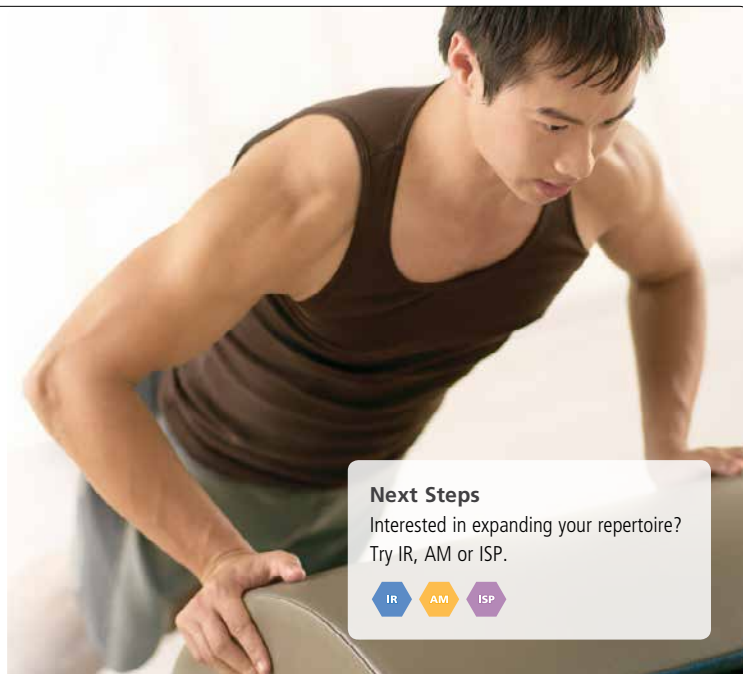
- ▶ Floor Mat
- ▶ Flex-Band exerciser
- ▶ Fitness Circle resistance ring
- ▶ Arc Barrel
- ▶ Foam Cushions A & C
- ▶ Mini Stability Ball™
- ▶ Reformer
- ▶ Padded Platform Extender
- ▶ Reformer Box
- ▶ Maple Pole
- ▶ Eco-Friendly Pilates Pad

Required Course Materials

- ▶ 4 manuals: *Comprehensive Matwork*; *Essential Reformer, 2nd Ed*; *Intermediate Reformer, 2nd Ed*; *Matwork & Reformer Support Material*
- ▶ 1 book: *Trail Guide to the Body, 4th Ed*, by Andrew Biel
- ▶ 1 set: *Muscular System Anatomy Flash Pak*, by Bryan Edwards
- ▶ 6 DVDs: *Essential Matwork, 3rd Ed*; *Intermediate Matwork, 3rd Ed*; *Sculpt & Tone*; *Fitness Circle Challenge*; *Essential Reformer, 3rd Ed*; *Intermediate Reformer, 2nd Ed*

Duration

- ▶ 30 hours class instruction in functional anatomy
- ▶ 90 hours class instruction and supervised teaching



Next Steps

Interested in expanding your repertoire?
Try IR, AM or ISP.



In addition, students are required to complete:

- ▶ Minimum 20 hours observation
- ▶ Minimum 70 hours physical review
- ▶ Minimum 40 hours practice teaching
- ▶ 60 hours apprenticeship performed upon completion

Certification

Upon successful completion of the course, students may certify in STOTT PILATES Matwork and Reformer, Level 1 by taking both a written and practical exam. Exams must be taken within six months of completing the last course. Please note there is a fee associated with the exam and all exams are cumulative.

Cost for Students

Cost per person: **Total Program \$4365.00 Exam Fee: \$350.00**

Course materials: **\$530.00 (4 manuals+6 DVD's)**

Notes: **A-La-Carte Options: Matwork \$1400.00 Reformer \$2000.00**

Functional Anatomy \$930.00

CECs: **0.6**

Upcoming Training Schedule

Date(s): **October 10-February 27 (holiday break Dec.15-Jan.8)**

Time(s): **Tues.&Thurs. 1pm-4pm, Wed. (1st 5 weeks only) 9:30am-12:30pm**

Notes: **first 5 weeks - Tues.-Thurs., remaining weeks Tues.&Thurs.**

Courses are limited to 12 participants.

For more information and to register, contact:

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