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INTENSIVE MATWORK (IMP) – 40 HOURS STOTT PILATES Matwork repertoire, for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Matwork programs. This course is intended for those already working in the fields of fitness or movement, as well as those who are unable to devote the time required in our Comprehensive Program due to work and/or scheduling issues. Building on your industry knowledge it teaches you to design and lead the Level 1 Essential and Intermediate.

(Cost \$1285 + 165 Materials = \$1450)

INTENSIVE REFORMER (IR) – 50 HOURS Building on your knowledge, this course teaches you to design and lead the Level 1 Essential and Intermediate STOTT PILATES Reformer repertoire for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Reformer programs. 139 exercises on the Reformer. (IR may be taken prior to IMP.)

(Cost \$1850 + 300 Materials = 2,150)

ADVANCED COURSES This program is for you if you have already completed the Intensive Course(s) and are looking to advance your Pilates education.

ADVANCED MATWORK (AM) – 6 HOURS This 6-hour course progresses the Matwork to more advanced material, providing further options and challenges on the mat for highly conditioned clients. Exercises require strength, balance and coordination.

(Cost \$250 + 70 Materials = \$320)

ADVANCED REFORMER (AR) – 18 (1.8 CEU) HOURS Learn to use the various Reformer components and accessories to intensify Reformer repertoire and provide a stimulating workout for athletes, dancers, and highly conditioned clients. Held over three days, this 18-hour Advanced course teaches 70 exercises in the repertoire that require greater strength, stability and flexibility. (Cost \$750 + 130 Materials = \$880)