



1071 E Old Canyon Crt #203. Flagstaff AZ 86004. 928.320.4777

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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.

(Virtual Tuition 1205 + 195 Materials = Total = \$1400)

Live in studio (Tuition 1505 + 195 Materials = Total = \$1505)

**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.)

(Tuition \$2165 + \$275 Materials = 2,400)

**Workshops CEUS – Most workshops are 2 hours. (.2 CEU's)**

We offer a variety of workshops both online and at the studio. You will register for these through our studio booking platform MOMENCE. Tuition: \$120 or \$60/CEU

**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.

(Tuition \$295 = \$295)

**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 \$890 + 150 Materials = \$1040)