

Becoming a STOTT PILATES® Instructor: What to Expect in Flagstaff, AZ

Becoming a **STOTT PILATES® Certified Instructor** is a rewarding experience that merges the art of mindful movement with the science of modern biomechanics. Widely regarded as the “Ivy League” of Pilates education, the STOTT PILATES® method is internationally recognized for its depth, precision, and focus on functional anatomy.

At **PILATES 66** in **Flagstaff, Arizona** — a licensed **Merrithew™ Host Training Center** — you can begin or advance your Pilates teaching career through a range of instructor education programs led by **STOTT PILATES® Certified Instructor Trainer** Kelsey Mercer.

The STOTT PILATES® Method

STOTT PILATES® is a contemporary, science-based approach to the original method developed by Joseph Pilates. It integrates modern principles of exercise science and rehabilitation, emphasizing postural alignment, core stability, and functional movement.

Unlike traditional fitness certifications, STOTT PILATES® demands a deep understanding of movement mechanics and the ability to adapt exercises for diverse client needs — from beginners to elite athletes.

Why Choose STOTT PILATES® via Merrithew?

- Developed in collaboration with physical therapists, sports medicine professionals, and fitness educators
 - Globally recognized and accredited by leading organizations like ACE, NASM, and PMA
 - Supported by in-depth technical manuals, visual aids, and ongoing education
 - Connects you to a global network of over 55 licensed training centers
-

A Meaningful Career in Movement

Becoming a **STOTT PILATES®** instructor is more than acquiring a credential — it's the beginning of a lifelong career rooted in purpose, professionalism, and progress. Whether you're launching a new career or elevating your current path, **PILATES 66 in Flagstaff** offers the structure, expertise, and mentorship to help you thrive.

1. Choosing Your Training Path

Merrithew® offers multiple modular and comprehensive training paths:

Intensive Mat-Plus™ (IMP)

Total Hours: 95

- 40 hours instruction & supervised teaching
- 10 hours observation
- 30 hours physical review
- 15 hours practice teaching

Intensive Reformer (IR)

Course Structure & Format

Component	Hours
Instruction & Supervised Teaching	50 hours
Observation	Minimum 10 hours
Physical Review	Minimum 40 hours
Practice Teaching	Minimum 25 hours

Total Training Time

125 hours

Additional Practical Training Requirements

Observation – Watch STOTT PILATES Certified Instructors and Instructor Trainers in live sessions with clients or via Merrithew Connect™.

Physical Review – Personally practice exercises learned in class.

Practice Teaching – Teach STOTT PILATES repertoire to clients, fellow students or via video sessions.

Note: Practice logs must be submitted before the final exam.

What You'll Learn

Pilates Principles

- **STOTT PILATES® Principles** for safe and effective movement.
- Theory and practice of **postural analysis**.

Complete Pilates Repertoire (139 exercises)

- Essential & Intermediate Reformer.
- Power workouts for strength and endurance.
- Exercise modifications for postural conditions and body types.

Practical Teaching & Programming

- Effective cueing, correction, and communication skills.
- Use of Reformer equipment.
- Group and private session programming.
- Exercise layering techniques for progressive learning.

Duration: Complete in 3 weeks or 4 weekends (varies by Training Center).

Required Course Materials

- [Matwork & Reformer Support Materials Book](#)
Required for IMP, IR, and CMR courses. This book only needs to be purchased once, even if taking multiple courses.
- [Intensive Reformer Course Package Manual + Digital Video](#)
Both the manual and digital content are required. These can be purchased together as a package or separately, depending on shipping preferences.
- [Intensive Reformer Course Package \(Digital Video Only\)](#)
- [Essential Reformer Manual 2nd Ed.](#)
- [Intermediate Reformer Manual 2nd Ed.](#)

Additional languages

A number of required resources are available in languages other than English. [See options for additional languages.](#)

Optional resources

These resources are not available at merrithew.com, however you may want to purchase these as additional resources for your practice.

- Trail Guide to the Body, Andrew Biel
- Anatomy Flash Cards, Anne Gilroy

Comprehensive Matwork & Reformer (CMR)

Total Hours: 310

- 30 hours Functional Anatomy
- 90 hours instruction & supervised teaching
- 20 hours observation
- 70 hours physical review
- 40 hours practice teaching
- 60 hours post-course apprenticeship

2. Curriculum Overview: Principles, Pedagogy & Practice

STOTT PILATES® training is known for its scientific foundation and real-world application. Whether you're learning Mat or Reformer work, the curriculum emphasizes:

- **The Five Basic Principles:** Breathing, pelvic placement, rib cage placement, scapular movement, and head/neck alignment
- **Exercise Repertoire:** Essential and intermediate Mat and equipment-based exercises with biomechanics, goals, modifications, and contraindications
- **Teaching Techniques:** Develop observational skills, cueing strategies, tactile feedback, and class programming for various client types

3. Admission Requirements & Apprenticeship

Before starting training, you must complete:

- At least **30 hours of Pilates classes or workouts**
- **A college level Anatomy class. Verification of transcripts may be requested.**
- **A basic understanding of anatomy and biomechanics**
(Merrithew's Functional Anatomy course provided by Kelsey Mercer online and or at our location is highly recommended)

4. Education Opportunities in Flagstaff and Online

Locations: **PILATES 66 | Flagstaff AZ and ONLINE | Zoom.**

Instructor education is delivered in a **modular, progressive format** to fit your schedule and learning goals.

Functional Anatomy (FA)

Location: \$1100

The Functional Anatomy course is part of the [Comprehensive program](#), and fully prepares students for that program. Additionally it can serve as a refresher or for anyone needing to fulfill the anatomy prerequisite for the [Intensive program](#).

The classroom-style presentation utilizes visual aids and hands-on techniques providing students with a thorough review of anatomy basics which can be applied to all repertoire, as well as functional activities and movement.

This course uses lectures, demonstrations and group activities to teach basic anatomy fundamentals. There is a focus on anatomical terminology, which includes anatomical position, planes of motion, types of movement, names and locations of the majority of the bones in the body, locations and actions of joints, major muscle groups and the individual muscles' origin insertion and action. Select exercises from the STOTT PILATES® repertoire are also broken down and analyzed in terms of the functional anatomy at play. Participants will deepen their understanding of the body and enhance their teaching with improved exercise selection and programming.

Intensive Reformer (IR)

Location: PILATES 66 \$2440

Learn to instruct essential and intermediate Reformer exercises in one-on-one and group class settings.

Intensive Mat-Plus (IMP)

Location: Online \$1400

Covers essential Matwork, modifications, use of small props, and effective client programming strategies.

Advanced Mat (AM) \$295

Location: Online \$295

Location : PILATES 66 \$

Builds on Mat-Plus by introducing advanced-level exercises that challenge core strength, precision, and endurance. This course sharpens cueing, spotting, and progressions for high-performing clients.

Advanced Reformer (AR)

Location: PILATES 66 \$1040

Expands on the Intermediate Reformer repertoire with high-level exercises demanding strength, agility, and control. Learn to train elite athletes and highly conditioned clients with refined cueing and biomechanics.

5. Certification Exams & Continuing Education

What is the Course Schedule

All Live Course schedules are listed on the website <https://pilates66.com/teacher-training/> and on merrithew.com

You must attend all sessions in person. If you have to miss a class you will have to make up those hours at the private rate of \$100/hr.

Examination Details

All exams are scheduled in person for the practical and written part of the exam. You must take your exam within 6 months of training. You will have to schedule that with a certified IT. You can break up your written and practical exam dates. We have additional test prep and mentoring programs available. This will need to be purchased through the studio.

BEFORE YOU BOOK YOUR EXAMINATION:

See Exam FAQ.

[EXAM FAQ](#)

How can I complete the Practice Teaching, Observation and Physical Review hours?

In order for your course to be considered complete, a minimum number of hours of observation, practice teaching and physical review are required and should be completed between instructed sessions at any Merrithew Training Center, at home or at a facility with a STOTT PILATES Certified Instructor/Instructor Trainer. Additional training may be required before certification. Practice teaching and physical review hours must be logged outside of class time.

The practice logs must be submitted on your exam date (either written or practical exam). If the student fails to submit all the logs within 7 days from the last portion of the exam, the entire exam will be void.

Observation hours can be logged during relevant course homework or after a STOTT PILATES® course and can be accrued by watching a STOTT PILATES Certified Instructor/Instructor Trainer teach clients (in-person or online), as well as observing the relevant course videos on DVD or through Merrithew Connect™. We recommend 50-80% of your hours be completed by watching a Certified Instructor/Instructor Trainer. Please ensure you receive permission from the Merrithew Training Center and/or presenting Instructor well in advance.

Physical Review hours means physically performing the exercises learned in class. Physical review of the material is very important to ensure full understanding within your own body first, before attempting to teach someone else. It is also very important to ensure your body is

prepared for the increased challenge at each level of repertoire as you move through your STOTT PILATES Instructor Training. Taking a class with a STOTT PILATES Certified Instructor/Instructor Trainer or working out with relevant course videos on DVD or through Merrithew Connect can qualify as physical review hours, and can be completed individually or with other students. Students can participate in an online Pilates session or join an online group Pilates class that teaches STOTT PILATES repertoire with a STOTT PILATES Certified Instructor/Instructor Trainer. Students can also attend a Merrithew Online Workshop offered by Merrithew Training Centers (merrithew.com/instructor-training/find-training) worldwide or the Corporate Training Center (merrithew.com/instructor-training/find-training/ontario-toronto).

After completing required hours and practice logs, you'll be eligible to take your written AND practical exams for official **STOTT PILATES® certification**.

To maintain your certification, you must complete **0.6 Continuing Education Credits (CECs)** annually through Merrithew-approved workshops or courses — many of which are hosted locally at **PILATES 66**, both **in-studio and online**.

Exam Fees and Additional Fee's

[EXAM FAQ](#)

Mat	\$300
Reformer	\$300
Full Cert	\$395
Exam Retake- Practical	\$175
Written	\$125
Exam Prep - 1 hr	\$125
Exam Prep 90min	\$160
Make up Hours	\$125
Mentor Package	\$449

6. Expanding Your Expertise: Advanced & Specialized Tracks

Take your skills further with post-certification programs:

- **Cadillac, Chair & Barrels (CCB)** – Expand your knowledge of specialized studio equipment
 - **Injuries & Special Populations (ISP)** – Learn to work safely with clients recovering from injury or managing chronic conditions (*required for full certification*)
 - **Advanced Repertoire Courses** – Master high-level exercises across all equipment formats for athletic and advanced clients
-

7. Workshops | CEUS's

Take your skills further with Continued Education provided by Kelsey Mercer IT

- **Yearly STOTT PILATES workshops will be available at PILATES 66 and Online** - Stay in touch for our yearly workshops listed on MERRITHEW.com as well as www.pilates66.com.
 - Workshops are \$120 for .2 CEU's
-

Training Location & Contact

PILATES 66 Studio

1071 E Old Canyon Crt. #203
Flagstaff, AZ 86001

Instructor Trainer:

Kelsey Mercer
STOTT PILATES® Certified Instructor Trainer

Contact Information:

Email: Info@Pilates66.com

Web: pilates66.com

Space is limited. Early registration is recommended. Contact us to request the full program guide or ask about upcoming info sessions