

STOTT PILATES®

Cadillac, Chair & Barrels Training

Once you've established a foundation in matwork and reformer programming, this course will take your Pilates repertoire to the next level. You'll learn how to challenge clients to help them reach their conditioning goals, while you diversify programming and build workouts with impact.

Intensive Cadillac, Chair & Barrels – ICCB

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 this course you are able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals.

Instructors will learn:

- ▶ Effective use of the equipment to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop dynamic programs in a full studio environment
- ▶ Essential, Intermediate, Power workouts
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Exercise layering related to effective program design
- ▶ 295 exercises plus multiple modifications

Prerequisites:

- ▶ IMP + IR or GM + XMP + GR + XRP

Required Course Materials:

- ▶ 6 Manuals (*Essential Cadillac, Intermediate/Advanced Cadillac, Complete Stability Chair, Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector*)
- ▶ 8 DVDs (*Essential Cadillac, Intermediate Cadillac, Essential Stability Chair, Intermediate Stability Chair, Split-Pedal Stability Chair, Ladder Barrel Workout, Arc Barrel Workout and Spine Corrector/Spine Supporter Workout*)

Highly Recommended Materials:

- ▶ *Advanced Cadillac DVD*
- ▶ *Advanced Stability Chair DVD*

Capacity:

12 people

Duration:

50 hours (generally taught over three weeks or four weekends)
After each course we recommend students complete:

- ▶ Observation – minimum 10 hours
- ▶ Practice teaching – minimum 25 hours
- ▶ Physical review – minimum 40 hours

PILATES TRAINING
CENTER HAWAII



Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Intensive Cadillac, Chair & Barrels by taking both a written and a practical exam. Exams must be taken within six months of completion of the last course. Please note there is a fee associated with the exam.

For more information, please contact Jayme Newhouse:

hawaii@stottpilates.com or 808-261-9519

Pilates Training Center Hawaii

25 Maluniu # 204
Kailua, Hawaii 96734

COST FOR PILATES TRAINING CENTER HAWAII STUDENTS (US \$)

ICCB (50 hours)

cost per person 1750.00 plus tax

Date Deposit Needed Deposit of 500.00 due by December 15
Balance due January 15

Upcoming Training Dates

Pilates Training Center Hawaii Feb.1-5,7-11

times: Fri 4pm-9pm, Thurs, Sat – Tues 8am-1pm

There is a maximum of 12 people per course.

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