

STOTT PILATES®

# Matwork Training

Every Pilates program begins with a strong foundation in matwork. This STOTT PILATES course will help you build your repertoire from the ground up and teach clients body awareness before they move on to spring-resistance equipment. You'll learn countless modifications, how to cue for smooth transitions and incorporate fitness accessories into mat-based programming.

## Intensive Mat-Plus™ – IMP

IMP provides you with the solid foundation and skills you need to develop effective and motivating group and personal training programs. This course teaches you to design and teach the Level 1 (Essential and Intermediate) Matwork repertoire, integrating small equipment to add variety and meet the specific needs of your clients.

### Instructors will learn:

- ▶ Workout composition for personal and group training
- ▶ Essential, Intermediate, Power workouts
- ▶ Flex-Band, Fitness Circle and Arc Barrel 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
- ▶ How to incorporate resistance equipment to support and intensify exercises
- ▶ Theory and practice of postural analysis
- ▶ Exercise layering related to effective program design
- ▶ 63 exercises plus multiple modifications

### Prerequisites:

- ▶ Working knowledge of functional anatomy
- ▶ 30 hours Pilates classes
- ▶ Three-plus years teaching movement or fitness

### Required Course Materials:

- ▶ Comprehensive Matwork Manual
- ▶ 4 DVD titles (*Essential Matwork* 2nd Ed, *Intermediate Matwork* 2nd Ed, *Sculpt & Tone*, *Fitness Circle Challenge*)
- ▶ Mat/Reformer Support Materials

### Highly Recommended Materials:

- ▶ *Arc Barrel Workout* DVD, *Advanced Matwork* DVD

### Capacity:

12 people

### Duration:

40 hours (generally taught over two weeks or three weekends)

After each course we recommend students complete:

- ▶ Observation – minimum 10 hours
- ▶ Practice teaching – minimum 15 hours
- ▶ Physical review – minimum 30 hours

## PILATES TRAINING CENTER HAWAII



### Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Intensive Mat-Plus™ 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:

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[www.pilatestrainingcenterhawaii.com](http://www.pilatestrainingcenterhawaii.com)

Pilates Training Center Hawaii

25 Maluniu #204, Kailua, Hawaii 96734

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

#### IMP (40 hours)

cost per person	\$1000.00 + taxes
course materials	\$ 145.00

### Upcoming Training Dates

Pilates Training Center Hawaii	Oct 5-7, 12-14, 20-21 2007
	Fri 4-9pm, Sat-Sun 8am-3pm

There is a maximum of 12 people per course.

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