

STOTT PILATES®

Reformer Training

The reformer is the most popular piece of equipment in Pilates. In this course you'll learn how to use this highly versatile tool to program and instruct personal and group classes with confidence using hundreds of spring-resistance and matwork exercises

Intensive Reformer – IR

This course teaches you how to design and instruct Level 1 (Essential and Intermediate) reformer workouts in personal or group training settings for a range of clients. While IR may be taken prior to IMP, we recommend completing IMP first.

Instructors will learn:

- ▶ Effective use of the reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ 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
- ▶ Theory and practice of postural analysis
- ▶ Exercise layering related to effective program design
- ▶ 122 exercises plus multiple modifications

Prerequisites:

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

Required Course Materials:

- ▶ 2 Manuals (*Essential Reformer* and *Intermediate Reformer*)
- ▶ 2 DVDs (*Essential Reformer 2nd Ed*, *Intermediate Reformer 2nd Ed*)
- ▶ Mat/Reformer Support Materials (may already have purchased for IMP)

Highly Recommended Materials:

- ▶ *Group Reformer Workout* DVD

Capacity:

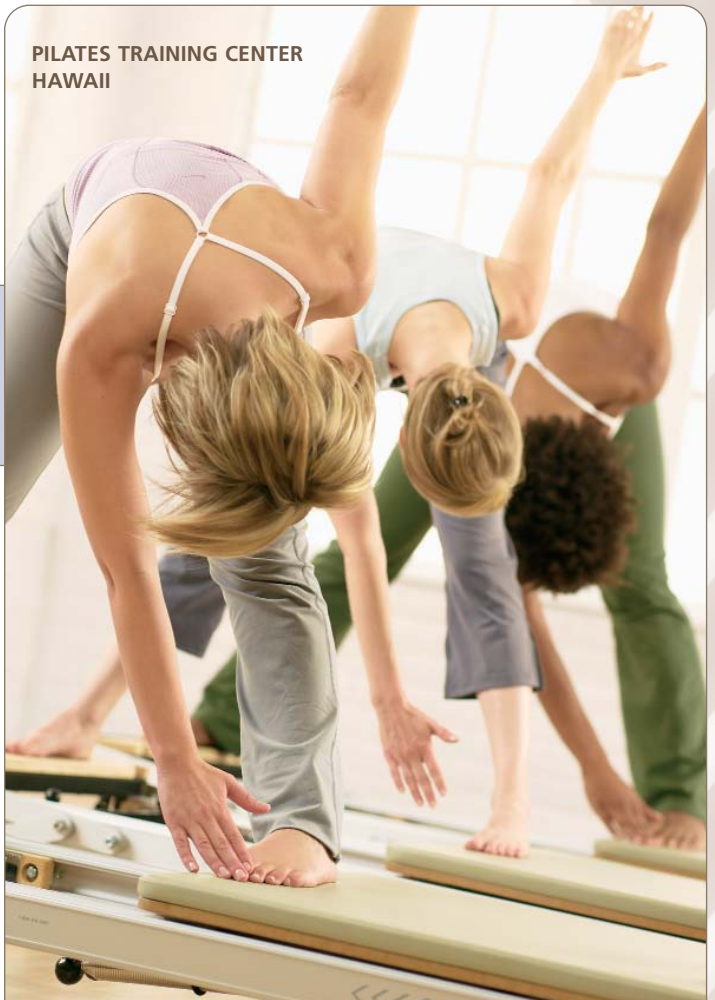
12 people

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 Reformer 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:

jayme@pilatestrainingcenterhawaii.com or 808-261-9519

www.pilatestrainingcenterhawaii.com

Pilates Training Center Hawaii, 25 Maluniu #204, Kailua, Hawaii 96734

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

IR (50 hours)

cost per person	\$2000.00 + taxes, \$500.00 deposit due, Aug 15, 200
course materials	www.stottpilates.com

Upcoming Training Dates

Pilates Training Center Hawaii: Oct 15-19, 22-26, 29-31

Mon-Thur 12-5pm, Fri 11am-4pm, except Wed Oct 31, 12pm-3pm

There is a maximum of 12 people per course.

2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6
telephone 416.482.4050 TOLL FREE N.A. 1.800.910.0001
U.K. 0800.328.5676 www.stottpilates.com

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