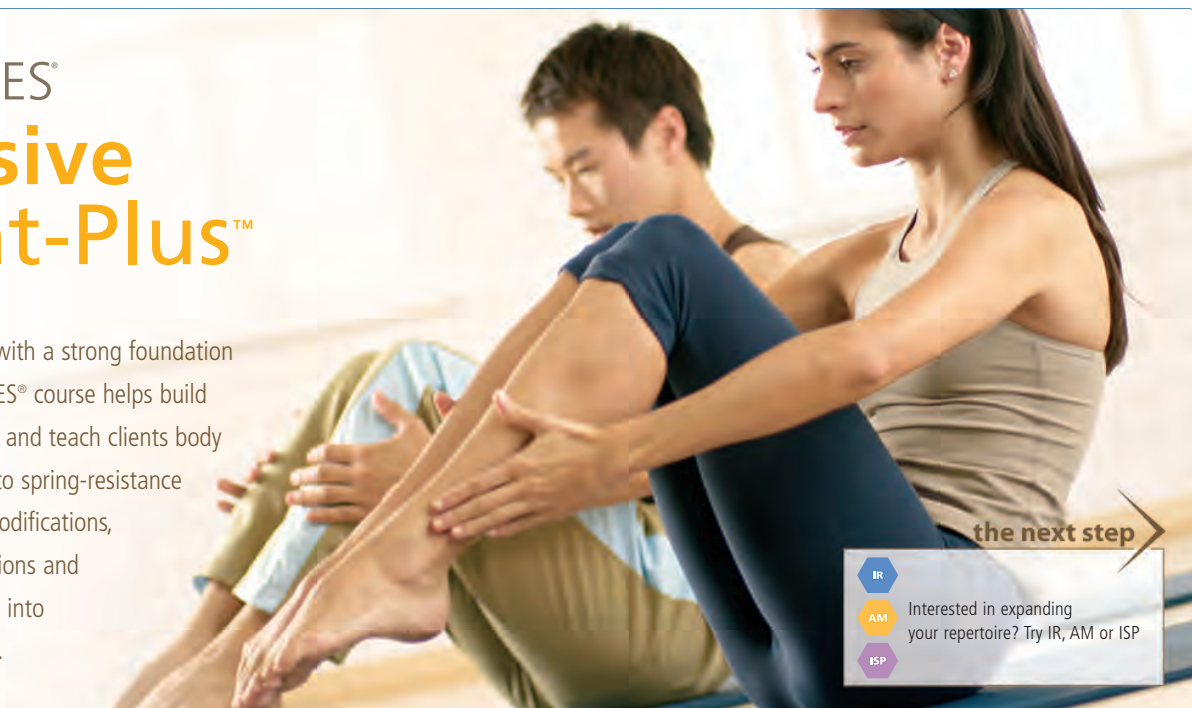


STOTT PILATES®

IMP Intensive Mat-Plus™

Every Pilates program begins with a strong foundation in Matwork. This STOTT PILATES® course helps build repertoire from the ground up and teach clients body awareness before moving on to spring-resistance equipment. Learn countless modifications, how to cue for smooth transitions and incorporate fitness accessories into Matwork-based programming.



the next step

Interested in expanding your repertoire? Try IR, AM or ISP

IMP provides the solid foundation needed to develop effective and motivating personal training and group programs. Learn to design and teach Level 1 (Essential & Intermediate) Matwork repertoire, integrating light equipment to meet the needs of clients.

Instructors 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
- ▶ Three-plus years teaching movement or fitness*
- ▶ 30 hours Pilates classes/workouts

* Applicants with a strong history of Pilates participation and/or experience instructing students/clients in another field may also be considered

Equipment Presented:

- ▶ Floor Mat
- ▶ Fitness Circle resistance ring
- ▶ Flex-Band exerciser
- ▶ Arc Barrel
- ▶ Foam Cushions A & C
- ▶ Eco-Friendly Pilates Pad
- ▶ Mini Stability Ball™
- ▶ Spine Supporter (optional)

Required Course Materials:

- ▶ 2 manuals: *Comprehensive Matwork; Matwork & Reformer Support Material*
- ▶ 4 DVDs: *Essential Matwork, 3rd Ed; Intermediate Matwork, 3rd Ed; Total Body Sculpting; Fitness Circle Challenge*

Recommended Materials:

- ▶ DVDs: *Complete Barrel Repertoire, Advanced Matwork, 3rd Ed; Power Paced Fitness Circle, Ultimate Body Sculpting; Pilates on a Roll; Pilates with Props, Volumes 1 & 2; Toning Ball Workout; Rotational Disks; Essential Pilates on the Edge; Essential Matwork on Stability Cushions; Precision & Control; Intense Body Blast, Pilates Interval Training, Levels 1 & 2; Matwork Flow, Conditioning Sequence Workout; Morning Mobilizer for Strength & Agility; Matwork Flow with Weights; Pilates Towel Workout; Athletic Conditioning on Stability Cushions; Strength & Agility, Pilates with the Medicine Ball; Dynamic Balance; 3-D Balance*

Duration:

40 hours – In addition, students are required to complete:

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

Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Matwork, Level 1 by taking both a written and 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 and all exams are cumulative.

Cost for Students

IMP – 40 hours

cost per person	SG\$ 1,800
course package materials	SG\$ 320
mat & reformer support material book	SG\$ 60

includes, for 3 months after last day of training,

- FREE studio access (by appointment) to complete exam requirement hours
- 10% OFF Private Session Packages
- 25% OFF Group Class Packages

CECs:

4.0 STOTT PILATES

Upcoming Training Schedule

~ Please refer to training schedule @ www.pilatique.com/sg/training.html

Courses are limited to 12 participants.

For more information and to register

please contact: Steven Khoo
tel: +65.9862.8281; email: steven@pilatique.com; www.pilatique.com.sg

Hosting facility

Pilatique Pilates Studio (STOTT PILATES™ Licensed Training Center, Malaysia)
8 & 10a Gemmill Lane, Singapore 069250

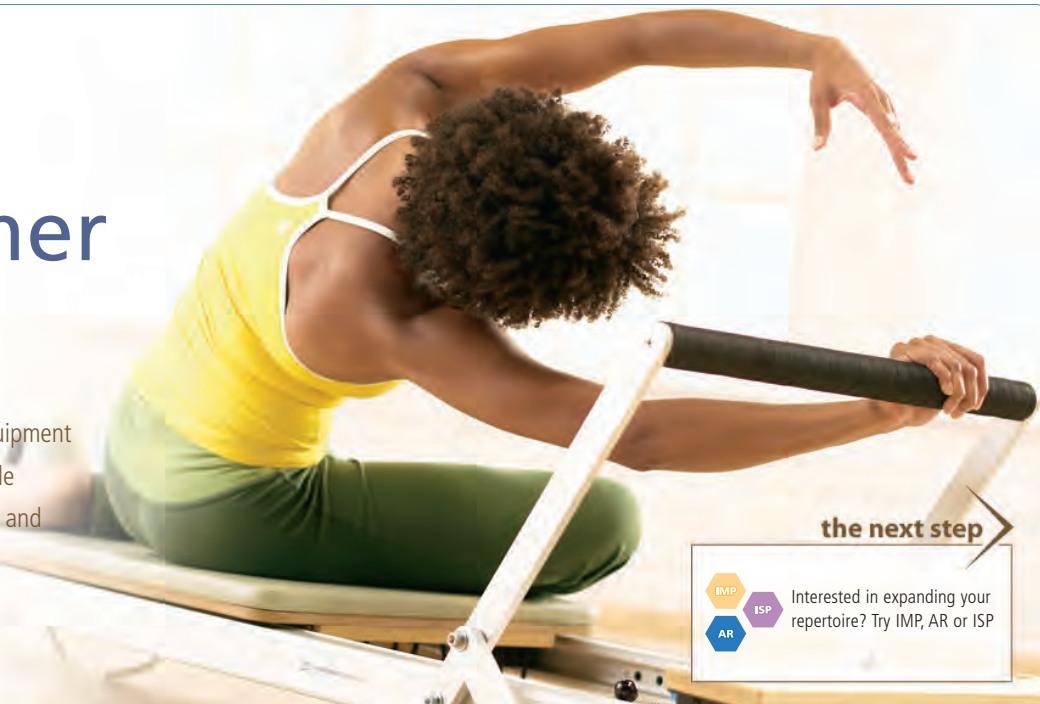
pilatique®

physiotherapy | pilates | education

STOTT PILATES®

IR Intensive Reformer

The Reformer is the most popular piece of equipment in Pilates. Learn how to use this highly versatile tool to program and instruct personal training and group classes with confidence using hundreds of spring-resistance exercises.



the next step

Interested in expanding your repertoire? Try IMP, AR or ISP

This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training and group setting for a range of clients. Learn a variety of modifications and variations to expand programming options.

Instructors Learn:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ Essential, Intermediate and 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 for effective program design
- ▶ 122 exercises plus multiple modifications

Prerequisites:

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

* Applicants with a strong history of Pilates participation and/or experience instructing students/clients in another field may also be considered

Equipment Presented:

- ▶ Reformer
- ▶ Reformer Box
- ▶ Padded Platform Extender
- ▶ Maple Pole
- ▶ Foam Cushions A & C
- ▶ Eco-Friendly Pilates Pad
- ▶ Mini Stability Ball™

Required Course Materials:

- ▶ 3 manuals: *Essential Reformer, 2nd Ed; Intermediate Reformer, 2nd Ed; Matwork & Reformer Support Material* (may have already been purchased for IMP)
- ▶ 2 DVDs: *Essential Reformer, 3rd Ed; Intermediate Reformer, 2nd Ed*

Recommended Materials:

- ▶ DVDs: *Group Reformer Workout; Reformer Workout for Men; Athletic Conditioning on the Reformer, Levels 1 & 2; Rotational Disks; Golf Conditioning on the Reformer; Jumpboard Interval Training; Power & Agility, Reformer Intervals on the Cardio-Tramp; Intensive Reformer Challenge with Platform & Pole; Pilates Reformer Challenge with Fitness Circle; Strength & Conditioning on the Jumpboard & Reformer; Athletic Conditioning on the Cardio-Tramp & Reformer; Athletic Conditioning on the V2 Max Plus, Levels 1 & 2*

Duration:

50 hours – In addition, students are required to complete:

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

Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Reformer, Level 1 by taking both a written and 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 and all exams are cumulative.

Cost for Students

IR – 50 hours

cost per person	SG\$ 2,400
course package materials	SG\$ 410
mat & reformer support material book	SG\$ 60

includes, for 3 months after last day of training,

- FREE studio access (by appointment) to complete exam requirement hours
- 10% OFF Private Session Packages
- 25% OFF Group Class Packages

CECs:

5.0 STOTT PILATES

Upcoming Training Schedule

~ Please refer to training schedule @ www.pilatique.com/sg/training.html

Courses are limited to 12 participants.

For more information and to register

please contact: Steven Khoo
tel: +65.9862.8281; email: steven@pilatique.com; www.pilatique.com.sg

Hosting facility

Pilatique Pilates Studio (STOTT PILATES™ Licensed Training Center, Malaysia)
8 & 10a Gemmill Lane, Singapore 069250

pilatique®

physiotherapy | pilates | education