

STOTT PILATES®

# Reformer Training

PTCH

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

### Equipment Presented:

- ▶ Reformer
- ▶ Reformer Box, Padded Platform Extender
- ▶ Long Spine Straps, Foam Grip Handles

### Required Course Materials:

- ▶ 3 manuals: *Essential Reformer and Intermediate Reformer, Mat/Reformer Support Materials* (may already have purchased for IMP)
- ▶ 2 DVDs: *Essential Reformer 2nd Edition, Intermediate Reformer 2nd Edition*

### Highly Recommended Materials:

- ▶ 1 DVD: *Group Reformer Workout*

### 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



### 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](mailto:jayme@pilatestrainingcenterhawaii.com) or 808-261-9519  
[www.pilatestrainingcenterhawaii.com](http://www.pilatestrainingcenterhawaii.com)

### Pilates Training Center Hawaii

310 Ohukai Street, Suite 318, Kihei Commercial Center,  
Kihei, Maui Hawaii 96753

### COST FOR PTCH STUDENTS (US \$)

#### IR (50 hours)

cost per person \$2000.00 plus tax

course materials visit [www.STOTTPILATES.com](http://www.STOTTPILATES.com)

Deposit of \$ 500.00 due by March 15, 2008, balance due April 15, 2008.

### Upcoming Training Dates

PTCH May 12-16, 19-23, 26-28 2008

Mon-Friday 12pm-5pm

There is a maximum of 12 people per course.