

STOTT PILATES®

Matwork Training

PTCH

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

Equipment Presented:

- ▶ Floor mat
- ▶ Flex-Band exerciser
- ▶ Fitness Circle resistance ring
- ▶ Arc Barrel
- ▶ Spine Corrector

Required Course Materials:

- ▶ 2 manuals: *Comprehensive Matwork*, *Mat/Reformer Support Materials*
- ▶ 4 DVDs: *Essential Matwork, 3rd Edition*, *Intermediate Matwork, 3rd Edition*, *Sculpt & Tone*, *Fitness Circle Challenge*

Highly Recommended Materials:

- ▶ 2 DVDs: *Arc Barrel Workout*, *Advanced Matwork, 3rd Edition*

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



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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Pilates Training Center Hawaii

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COST FOR PTCH STUDENTS (US \$)

IMP (40 hours)

cost per person \$1000.00 plus tax

course materials visit www.STOTTPILATES.com

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

Upcoming Training Dates

PTCH May 2-4, 9-11, 17-18 2008

Fri 4pm-9pm Sat-Sun 8am-3pm

There is a maximum of 12 people per course.