

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.

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

Equipment Presented:

- ▶ Floor Mat
- ▶ Fitness Circle resistance ring
- ▶ Flex-Band exerciser
- ▶ Arc Barrel
- ▶ Foam Cushions A & C
- ▶ Rubber Pad
- ▶ Mini Stability Ball™

Required Course Materials:

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

Recommended Materials:

- ▶ 10 DVDs: *Complete Barrel Repertoire*; *Advanced Matwork, 3rd Ed*; *Power Paced Fitness Circle*; *Total Body Sculpting*; *Ultimate Body Sculpting*; *Pilates on a Roll*; *Pilates with Props, Volume 1*; *Pilates with Props, Volume 2*; *Toning Ball Workout*; *Rotational Disks*

the next step

Interested in expanding your repertoire? Try IR, AM or ISP, or enhance group training with XMG or GR.

Duration:

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

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

CECs:

- ▶ 4.0 STOTT PILATES, 4.0 ACE, 4.0 CFP

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	\$975
course materials	\$217.35

Upcoming Training Schedule

Sept 15-18, 29-30, Oct 1-2
8am-1:30pm daily

Courses are limited to 12 participants.

For more information and to register contact

Chau Pham-Kid email chau@pilatessouthtexas.com
phone 713.861.6770
fax 713. 861.6775

Body Tech

11661 Preston Rd. #186
Dallas, TX, 75230

*Payment due to confirm registration