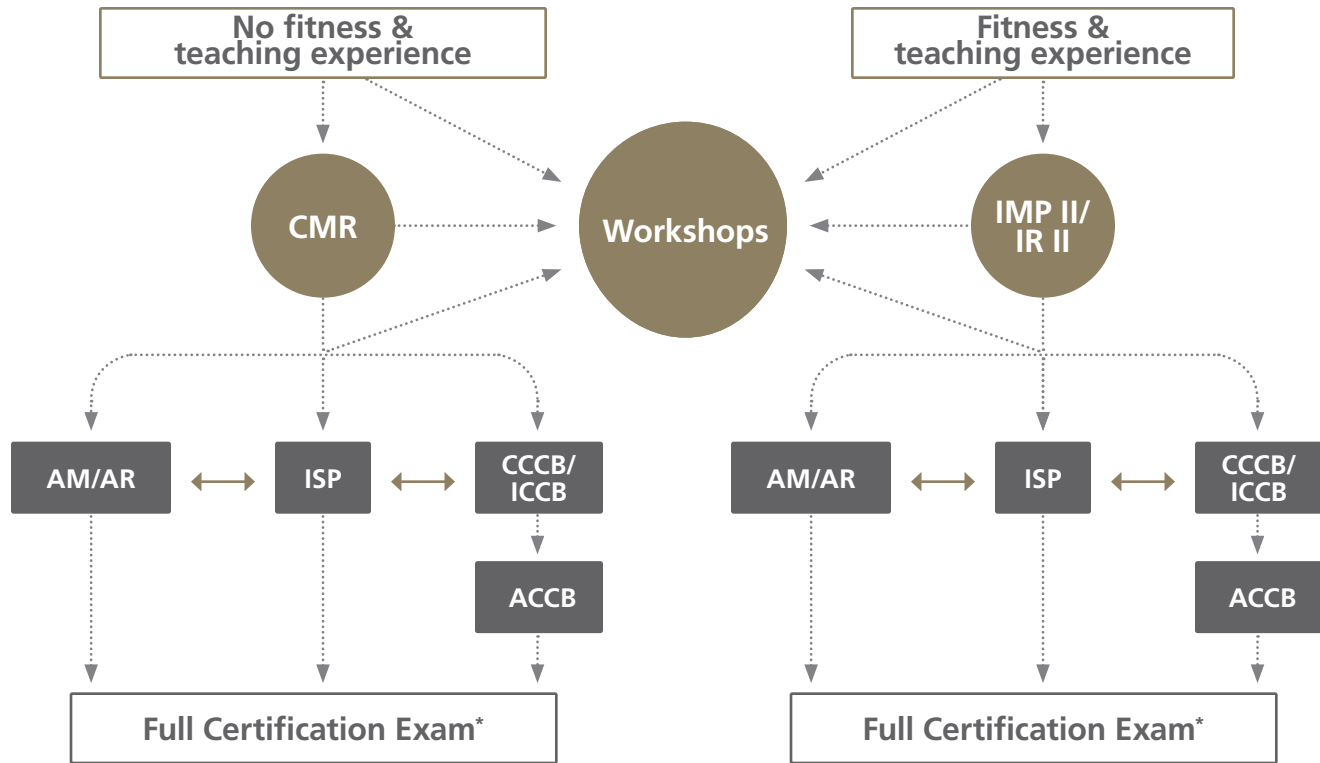


STOTT PILATES[®]

Career Paths



Level 1 Courses

- **CMR Comprehensive Matwork & Reformer**
The Comprehensive Program teaches the STOTT PILATES Matwork and Reformer repertoire at a slower pace than Intensive programs and covers functional anatomy and the STOTT PILATES Principles. Students are required to complete Apprenticeship hours before taking the exam.
- **IMP II/IR II Intensive Mat-Plus[™], 2nd Edition Intensive Reformer, 2nd Edition**
The Intensive Program is for those already working in the fields of fitness and/or movement and those looking to complete the Level 1 Matwork and Reformer course(s) in a shorter amount of time.
- **CCCB Comprehensive Cadillac, Chair & Barrels**
Prepares students to teach Level 1 Essential and Intermediate exercises on the Cadillac Trapeze Table, Stability Chair[™], Ladder Barrel, Spine Corrector and Arc Barrel. Students are required to complete Apprenticeship hours before taking the exam.
- **ICCB Intensive Cadillac, Chair & Barrels**
Building on the knowledge and material learned in CMR or IMP II and/or IR II, students learn the Level 1 Essential and Intermediate repertoire for a range of clients on the Cadillac Trapeze Table, Stability Chair[™], Ladder Barrel, Spine Corrector and Arc Barrel.

Level 2 Courses

- **AM/AR Advanced Matwork, Advanced Reformer**
The Advanced Program begins with a review of relevant Essential and Intermediate exercises. Students then learn to apply the STOTT PILATES Principles to exercises requiring a higher degree of strength, balance and coordination.
- **ACCB Advanced Cadillac, Chair & Barrels**
The Advanced Program begins with a review of relevant Essential and Intermediate exercises. Students then learn to apply the STOTT PILATES Principles to exercises requiring a higher degree of strength, balance and coordination while using the Cadillac, Stability Chair[™], Ladder Barrel, Spine Corrector and Arc Barrel.

Injuries & Special Populations

- **ISP Injuries & Special Populations**
The ISP course equips student with the skills required to address a broad range of physical challenges among clients.

Workshops

We welcome all Pilates and Fitness Instructors to learn and benefit from Merrithew[™] workshops with no prerequisites. With over 150 workshops to choose from, our introductory and continuing education workshops can supplement your current instructor training and are not limited to STOTT PILATES Certified or Merrithew Qualified Instructors. Plus, completing enough workshops in a specific Specialty Tracks could grant you a specialist designation.

*Additional exam options for STOTT PILATES Matwork, Reformer, CCB Levels 1 and 2.