



Certification Programs – Individual

CDNS

STOTT PILATES®

Intensive Program – Level 1

Intensive Mat-Plus™ – IMP	1,400.00
– Module 1 – IMP1	935.00
– Module 2 – IMP2	595.00
Intensive Reformer – IR	2,000.00
– Module 1 – IR1	1,250.00
– Module 2 – IR2	935.00
Intensive Cadillac, Chair & Barrels – ICCB	2,000.00
Intensive Cadillac – ICAD	1,125.00
Intensive Chair – ICHR	685.00
Intensive Barrels – IBRL	470.00
Intensive Mat-Plus & Reformer – IMP, IR	3,060.00
Intensive Mat-Plus & Reformer plus Anatomy – IMP, IR, FA	3,850.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels – IMP, IR, ICCB	4,590.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels plus Anatomy – IMP, IR, ICCB, FA	5,400.00
Full Intensive Certification – IMP, IR, ICCB, FAR, ISP	7,055.00

Comprehensive Program – Level 1

Comprehensive Matwork & Reformer – CMR	3,435.00
Comprehensive Cadillac, Chair & Barrels – CCCB	1,800.00
Full Comprehensive Certification – CMR, CCCB, AM, AR, ACCB, ISP	6,800.00

Injuries & Special Populations Program

Functional Anatomy – FA	935.00
Injuries & Special Populations – ISP	1,400.00

Advanced Program – Level 2

Advanced Matwork – AM	280.00
Advanced Reformer – AR	845.00
Advanced Cadillac, Chair & Barrels – ACCB	600.00
Advanced Cadillac – ACAD	280.00
Advanced Stability Chair™ – ACHR	220.00
Advanced Barrels – ABRL	220.00
Full Advanced Repertoire – FAR [includes AM, AR, ACCB]	1,500.00

Continuing Education

STOTT PILATES® Workshops	60.00 per hour
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ZEN•GA™

Instructor Foundation Course Mat 1 – ZM1	400.00
Instructor Foundation Course Equipment 1 – ZE1	400.00
ZEN•GA™ Workshops	65.00 per hour

CORE™ Athletic Conditioning & Performance Training™

Instructor Course – CA1	400.00
CORE™ Workshops	65.00 per hour

Total Barre™

Instructor Course – TB1	400.00
Total Barre™ Workshops	65.00 per hour

Halo® Training

Instructor Foundation Course, Level 1 – HT1	400.00
Instructor Foundation Course, Level 2 – HT2	400.00
Halo® Workshops	65.00 per hour

Fascial Movement

Instructor Foundation Course – FM1	1,025.00
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Rehabilitation Program – Individual

CDNS

STOTT PILATES® REHAB

Rehab Matwork – RM	1,575.00
Spinal, Pelvic & Scapular Stabilization, Matwork – RM1	900.00
Peripheral Joint Stabilization, Matwork – RM2	900.00
Rehab Reformer – RR	1,575.00
Spinal, Pelvic & Scapular Stabilization, Reformer – RR1	900.00
Peripheral Joint Stabilization, Reformer – RR2	900.00
Rehab Matwork & Reformer – RMR	2,875.00
Rehab Cadillac, Chair & Barrels – RCCB	2,050.00
Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1	1,345.00
Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2	930.00
Full Rehab Repertoire – FRR [includes RMR & RCCB]	4,685.00

Exam Prep Bundle – Individual

CDNS

STOTT PILATES®

2 days: Anatomy & Postural Analysis Review, Exam Prep: General	560.00
3 days: Anatomy & Postural Analysis Review, Exam Prep: General, Reformer, CCB	845.00
3 days plus Full Certification Exam	1,220.00

Exam Fees – Individual

CDNS

STOTT PILATES®

Level 1 or Combined Levels 1 & 2

Matwork OR Reformer Exam	each	320.00
Matwork & Reformer Exam		355.00
Matwork, Reformer, Cadillac, Chair & Barrels Exam		470.00

Level 2

Advanced Matwork OR Advanced Reformer Exam	each	265.00
Advanced Matwork & Reformer Exam		265.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels Exam		265.00

Full Certification

Levels 1 & 2 Matwork, Reformer, Cadillac, Chair & Barrels + ISP Exam	470.00
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Rehabilitation

RM or RR or RMR1 exam	265.00
RMR1 + RMR2 exam	355.00
RMR1 + RCCB1 exam	355.00
RMR1 + RMR2 + RCCB1 exam	355.00
RMR1 + RMR2 + RCCB1 + RCCB2 exam (Full Rehab Certification)	355.00

Exam Retakes*

Practical component only	190.00
Written component only	160.00

Private Review Packages

Single Private Review Session	145.00
2 Private Review Sessions	270.00
3 Private Review Sessions	390.00
4 Private Review Sessions	500.00

Additional Sessions

Instructor Trainer Private Makeup Session	105.00
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Course Packages – Required Materials

CAT# CDNS

Matwork, Level 1 – courses IMP, CMR

Matwork & Reformer Support Materials Book*	ST-08050	35.00
Mat-Plus™ Course Package – English	DV-80335	220.00
Mat-Plus™ Course Package – French	DV-80362	220.00
Mat-Plus™ Course Package – Chinese	DV-80366	230.00
Mat-Plus™ Course Package – German	DV-80364	230.00
Mat-Plus™ Course Package – Japanese	DV-80368	230.00
Mat-Plus™ Course Package – Spanish	DV-80360	230.00

Course Package Includes: 1 manual: *Comprehensive Matwork*; 4 DVDs: *Essential Matwork 3rd Ed*, *Intermediate Matwork 3rd Ed*, *Total Body Sculpting*, *Fitness Circle® Challenge*

Course Packages cont'd

Reformer – Level 1 – courses IR, CMR

Matwork & Reformer Support Materials Book*	ST-08050	35.00
Reformer Course Package – English	DV-80336	280.00
Reformer Course Package – French	DV-80363	280.00
Reformer Course Package – Chinese	DV-80367	315.00
Reformer Course Package – German	DV-80365	315.00
Reformer Course Package – Japanese	DV-80369	315.00
Reformer Course Package – Spanish	DV-80361	315.00

Course Package Includes: 2 manuals: *Essential Reformer, Intermediate Reformer*, 2 DVDs: *Essential Reformer 3rd Ed, Intermediate Reformer with BONUS modifications*

Matwork & Reformer, Level 1 – course CMR

Comprehensive Matwork & Reformer Course Package	DV-80358	530.00
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Course Package Includes: *Matwork & Reformer Support Materials Book, Mat-Plus™ Course Package, Reformer Course Package*

Cadillac, Chair & Barrels, Level 1 – courses ICCB, CCCB

CCB Course Package	DV-80355	595.00
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Course Package Includes: 6 manuals: *Essential Cadillac, Intermediate & Advanced Cadillac, Complete Stability Chair, Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector*, 4 DVDs: *Essential Cadillac, Intermediate Cadillac, Essential & Intermediate Stability Chair, Complete Barrel Repertoire*

ICAD Course Package 2 manuals, 2 DVDs	DV-80344	280.00
ICHR Course Package 1 manual, 1 DVD	DV-80357	130.00
IBRL Course Package 3 manuals, 1 DVD	DV-80352	245.00

Matwork, Level 2 – course AM

Advanced Matwork, 3rd Ed DVD	DV-81149	57.95
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Also required from Level 1: *Comprehensive Matwork* manual

Reformer, Level 2 – course AR

Advanced Reformer Course Package	DV-80359	155.00
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Course Package Includes: 1 manual: *Advanced Reformer*, 1 DVD: *Advanced Reformer 3rd Ed*

Cadillac, Chair & Barrels, Level 2 – course ACCB

Advanced Cadillac DVD	DV-81141	62.95
Advanced Stability Chair™ DVD	DV-81161	62.95

Also required from Level 1: entire package except *Essential Cadillac* manual, *Essential Cadillac* DVD, *Essential & Intermediate Stability Chair* DVD

Injuries & Special Populations – course ISP

ISP Course Package	DV-80356	350.00
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Course Package Includes: 2 manuals: *ISP Resource Guide, ISP Support Material*; 2 DVDs: *Back Care Repertoire; Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*

Rehab Course Packages – Required Materials

Rehab Matwork, Module 1 – course RM1

RM1 Course Package	DV-80370	250.00
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Course Package Includes: 2 manuals: *RMR1 Support Material; Comprehensive Matwork*; 1 DVD: *Back Care Repertoire (DVD)*

Rehab Reformer, Module 1 – course RR1

RR1 Course Package	DV-80371	250.00
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Course Package Includes: 2 manuals: *RMR1 Support Material; Essential Reformer, 2nd Ed*; 1 DVD: *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*

Rehab Reformer, Module 2 – course RR2

RMR2 Course Package	DV-80349	200.00
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Course Package Includes: 1 manual: *RMR2 Support Material*; 1 DVD: *Peripheral Joint Stabilization with Reformer & Vertical Frame*

Rehab Matwork & Reformer, Module 1 – course RM1+RR1

RMR1 Course Package	DV-80347	360.00
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Course Package Includes: 3 manuals: *RMR1 Support Material; Comprehensive Matwork; Essential Reformer, 2nd Ed*; 2 DVDs: *Back Care Repertoire; Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*

Rehab Cadillac, Chair & Barrel, Module 1 – course RCCB1

RCCB1 Course Package	DV-80348	425.00
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Course Package Includes: 6 manuals: *RCCB1 Support Material; Essential Cadillac 2nd Ed; Complete Stability Chair; Complete Arc Barrel; Complete Spine Corrector; Complete Ladder Barrel*; 1 DVD: *Spinal, Pelvic & Scapular Stabilization on Equipment*

Rehab Cadillac, Chair & Barrel, Module 2 – course RCCB2

RCCB2 Course Package	DV-80350	200.00
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Course Package Includes: 1 manual: *RCCB2 Support Material*; 1 DVD: *Peripheral Joint Stabilization on Equipment*



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Educational Materials

Instructional Manuals – individually priced

	CAT#	CDNS
Comprehensive Matwork – English	ST-08005	85.00
– Chinese	MN-29005	105.00
– French	MN-21005	85.00
– German	MN-28005	105.00
– Spanish	MN-26005	105.00
– Japanese	MN-23005	105.00
Essential Reformer – English	ST-08016	95.00
– Chinese	MN-29016	115.00
– French	MN-21016	95.00
– German	MN-28016	115.00
– Spanish	MN-26016	115.00
– Japanese	MN-23016	115.00
Intermediate Reformer – English	ST-08017	95.00
– Chinese	MN-29017	115.00
– French	MN-21017	95.00
– German	MN-28017	115.00
– Spanish	MN-26017	115.00
– Japanese	MN-23017	115.00
Advanced Reformer	ST-08058	115.00
Essential Cadillac	ST-08009	115.00
Intermediate & Advanced Cadillac	ST-08010	130.00
Complete Stability Chair	ST-08015	85.00
Complete Arc Barrel	MN-08065	55.00
Complete Ladder Barrel	ST-08012	55.00
Complete Spine Corrector	ST-08013	55.00
Total Barre™: The Foundation Manual	MN-08075	95.00

Resource Guides & Support Materials – individually priced

Injuries & Special Populations Resource Guide	ST-08056	115.00
Injuries & Special Populations Support Materials	MN-08064	125.00
Matwork & Reformer Support Materials Book – English	ST-08050	35.00
– Chinese	MN-29050	35.00
– German	MN-28050	35.00
RMR1 Rehab Matwork & Reformer Support Materials	MN-08060	155.00
RMR2 Rehab Matwork & Reformer Support Materials	MN-08062	145.00
RCCB1 Rehab Cadillac, Chair & Barrels Support Materials	MN-08061	145.00
RCCB2 Rehab Cadillac, Chair & Barrels Support Materials	MN-08063	145.00

Wall Chart Workout Posters

27" x 39", 12 titles, sold separately 37.50
Titles Include: *Essential Matwork, Intermediate Matwork, Advanced Matwork, Essential Reformer, Intermediate Reformer, Advanced Reformer, Essential Cadillac, Intermediate & Advanced Cadillac, Complete Stability Chair, Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector*

Additional Course Materials

Available at most book stores, these titles are recommended for all Comprehensive and Intensive courses.

Trail Guide to the Body – Andrew Biel
Atlas of Anatomy – Gilroy, MacPherson, Ross
Anatomy Flash Cards – Anne Gilroy
Anatomy of Movement – Blandine Germain

Book Today! educationsales@merrithew.com

*Note: The Matwork & Reformer Support Materials Book is required for two courses but only needs to be purchased once. Prices subject to change without notice.