



Anatomy Training

| | CDNS |
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| Functional Anatomy Course – FA | 980.00 |
| *10% discount applied when bundled with an Intensive Program course | |
| Anatomy Review Workshop | 399.00 |

Certification Programs

| | CDNS |
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STOTT PILATES®

Intensive Program – Level 1

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| Intensive Mat-Plus™ – IMP | 1,500.00 |
| – Module 1 – IMP1 | 980.00 |
| – Module 2 – IMP2 | 625.00 |
| Intensive Reformer – IR | 2,125.00 |
| – Module 1 – IR1 | 1,310.00 |
| – Module 2 – IR2 | 980.00 |
| Intensive Cadillac, Chair & Barrels – ICCB | 2,125.00 |
| Intensive Cadillac – ICAD | 1,180.00 |
| Intensive Chair – ICHR | 720.00 |
| Intensive Barrels – IBRL | 495.00 |
| Intensive Mat-Plus & Reformer – IMP, IR | 3,250.00 |
| Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels – IMP, IR, ICCB | 4,890.00 |
| Save with course bundles | |
| Full Intensive Certification – IMP, IR, ICCB, FAR, ISP | 7,500.00 |

Comprehensive Program – Level 1

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| Comprehensive Matwork & Reformer – CMR | 3,610.00 |
| Comprehensive Cadillac, Chair & Barrels – CCCB | 1,900.00 |
| Save with course bundles | |
| Full Comprehensive Certification – CMR, CCCB, AM, AR, ACCB, ISP | 7,150.00 |

Injuries & Special Populations Program

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| Injuries & Special Populations – ISP | 1,500.00 |
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Advanced Program – Level 2

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| Advanced Matwork – AM | 295.00 |
| Advanced Reformer – AR | 890.00 |
| Advanced Cadillac, Chair & Barrels – ACCB | 625.00 |
| Advanced Cadillac – ACAD | 295.00 |
| Advanced Stability Chair™ – ACHR | 230.00 |
| Advanced Barrels – ABRL | 230.00 |
| Save with course bundles | |
| Full Advanced Repertoire – FAR [includes AM, AR, ACCB] | 1,575.00 |

Rehabilitation Program

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STOTT PILATES® REHAB

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| Rehab Matwork – RM | 1,655.00 |
| Spinal, Pelvic & Scapular Stabilization, Matwork – RM1 | 945.00 |
| Peripheral Joint Stabilization, Matwork – RM2 | 945.00 |
| Rehab Reformer – RR | 1,655.00 |
| Spinal, Pelvic & Scapular Stabilization, Reformer – RR1 | 945.00 |
| Peripheral Joint Stabilization, Reformer – RR2 | 945.00 |
| Rehab Matwork & Reformer – RMR | 3,020.00 |
| Rehab Cadillac, Chair & Barrels – RCCB | 2,150.00 |
| Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1 | 1,410.00 |
| Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2 | 975.00 |
| Save with course bundles | |
| Full Rehab Repertoire – FRR [includes RMR & RCCB] | 4,920.00 |

Exam Fees

| | CDNS |
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STOTT PILATES®

Level 1 or Combined Levels 1 & 2

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

Level 2

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| 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

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

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| 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*

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| Practical component only | 190.00 |
| Written component only | 160.00 |

Private Review Packages

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| Single Private Review Session | 150.00 |
| 2 Private Review Sessions | 280.00 |
| 3 Private Review Sessions | 405.00 |
| 4 Private Review Session | 520.00 |

Additional Private Sessions

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| Instructor Trainer Private Makeup Session | 110.00 |
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Foundation Courses

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| ZEN•GA® Instructor Foundation Course Mat 1 – ZM1 | 425.00 |
| ZEN•GA® Instructor Foundation Course Equipment 1 – ZE1 | 425.00 |
| CORE™ Instructor Foundation Course – CA1 | 425.00 |
| Total Barre® Instructor Foundation Course – TB1 | 425.00 |
| Halo® Training Instructor Foundation Course, Level 1 – HT1 | 425.00 |
| Halo® Training Instructor Foundation Course, Level 2 – HT2 | 425.00 |
| Merrithew™ Fascial Movement Instructor Foundation Course – FM1 | 1,025.00 |

Continuing Education

| | CDNS |
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| STOTT PILATES® Workshops | 66.50 per hour |
| ZEN•GA®, CORE™, Total Barre®, and Halo® Workshops | 72.00 per hour |

Course Packages – Required Materials

| | CAT# | CDNS |
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Matwork, Level 1 – courses IMP, CMR

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| Matwork & Reformer Support Materials Book* | ST-08050 | 40.00 |
| 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

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| Matwork & Reformer Support Materials Book* | ST-08050 | 40.00 |
| 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

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| 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

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| 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*

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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*



2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6
416.482.4050 | 1.800.910.0001 | 0800 328 5676 (UK)
merrithew.com

Educational Materials

Instructional Manuals – individually priced

| | CAT# | CDNS |
|-------------------------------------|----------|--------|
| Comprehensive Matwork – English | ST-08005 | 92.00 |
| – Chinese | MN-29005 | 110.00 |
| – French | MN-21005 | 92.00 |
| – German | MN-28005 | 110.00 |
| – Spanish | MN-26005 | 110.00 |
| – Japanese | MN-23005 | 110.00 |
| Essential Reformer – English | ST-08016 | 100.00 |
| – Chinese | MN-29016 | 120.00 |
| – French | MN-21016 | 100.00 |
| – German | MN-28016 | 120.00 |
| – Spanish | MN-26016 | 120.00 |
| – Japanese | MN-23016 | 120.00 |
| Intermediate Reformer – English | ST-08017 | 100.00 |
| – Chinese | MN-29017 | 120.00 |
| – French | MN-21017 | 100.00 |
| – German | MN-28017 | 120.00 |
| – Spanish | MN-26017 | 120.00 |
| – Japanese | MN-23017 | 120.00 |
| Advanced Reformer | ST-08058 | 120.00 |
| Essential Cadillac | ST-08009 | 120.00 |
| Intermediate & Advanced Cadillac | ST-08010 | 135.00 |
| Complete Stability Chair | ST-08015 | 92.00 |
| Complete Arc Barrel | MN-08065 | 60.00 |
| Complete Ladder Barrel | ST-08012 | 60.00 |
| Complete Spine Corrector | ST-08013 | 60.00 |
| Total Barre™: The Foundation Manual | MN-08075 | 100.00 |

Resource Guides & Support Materials – individually priced

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| Injuries & Special Populations Resource Guide | ST-08056 | 120.00 |
| Injuries & Special Populations Support Materials | MN-08064 | 130.00 |
| Matwork & Reformer Support Materials Book – English | ST-08050 | 40.00 |
| – Chinese | MN-29050 | 40.00 |
| – German | MN-28050 | 40.00 |
| RMR1 Rehab Matwork & Reformer Support Materials | MN-08060 | 160.00 |
| RMR2 Rehab Matwork & Reformer Support Materials | MN-08062 | 150.00 |
| RCCB1 Rehab Cadillac, Chair & Barrels Support Materials | MN-08061 | 150.00 |
| RCCB2 Rehab Cadillac, Chair & Barrels Support Materials | MN-08063 | 150.00 |

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! educationadvisor@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.