



## Anatomy Training

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

## Certification Programs

### STOTT PILATES®

#### Intensive Program – Level 1

	CDNS
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
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#### Comprehensive Program – Level 1

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
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#### Injuries & Special Populations Program

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

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
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## Rehabilitation Program

### STOTT PILATES® REHAB

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
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## Exam Fees

### 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		150.00
2 Private Review Sessions		280.00
3 Private Review Sessions		405.00
4 Private Review Session		520.00

#### Additional Private Sessions

Instructor Trainer Private Makeup Session		110.00
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## Foundation Courses

	CDNS
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
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
<b>Matwork, Level 1 – courses IMP, CMR</b>		
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

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

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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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

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](mailto: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.