



## Certification Programs – Individual

US\$

### STOTT PILATES®

#### Intensive Program – Level 1

Intensive Mat-Plus™ – IMP	1,150.00
– Module 1 – IMP1	750.00
– Module 2 – IMP2	475.00
Intensive Reformer – IR	1,650.00
– Module 1 – IR1	1,000.00
– Module 2 – IR2	750.00
Intensive Cadillac, Chair & Barrels – ICCB	1,650.00
Intensive Cadillac – ICAD	900.00
Intensive Chair – ICHR	550.00
Intensive Barrels – IBRL	375.00
Intensive Mat-Plus & Reformer – IMP, IR	2,500.00
Intensive Mat-Plus & Reformer plus Anatomy – IMP, IR, FA	3,150.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels – IMP, IR, ICCB	3,750.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels plus Anatomy – IMP, IR, ICCB, FA	4,450.00
Full Intensive Certification – IMP, IR, ICCB, FAR, ISP	5,800.00

#### Comprehensive Program – Level 1

Comprehensive Matwork & Reformer – CMR	2,750.00
Comprehensive Cadillac, Chair & Barrels – CCCB	1,450.00
Full Comprehensive Certification – CMR, CCCB, AM, AR, ACCB, ISP	5,450.00

#### Injuries & Special Populations Program

Functional Anatomy – FA	750.00
Injuries & Special Populations – ISP	1,150.00

#### Advanced Program – Level 2

Advanced Matwork – AM	225.00
Advanced Reformer – AR	675.00
Advanced Cadillac, Chair & Barrels – ACCB	475.00
Advanced Cadillac – ACAD	225.00
Advanced Stability Chair™ – ACHR	175.00
Advanced Barrels – ABRL	175.00
Full Advanced Repertoire – FAR [includes AM, AR, ACCB]	1,200.00

#### Continuing Education

STOTT PILATES® Workshops	50.00 per hour
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#### ZEN•GA™

Instructor Foundation Course Mat 1 – ZM1	325.00
Instructor Foundation Course Equipment 1 – ZE1	325.00
ZEN•GA™ Workshops	55.00 per hour

#### CORE™ Athletic Conditioning & Performance Training™

Instructor Course – CA1	325.00
CORE™ Workshops	55.00 per hour

#### Total Barre™

Instructor Course – TB1	325.00
Total Barre™ Workshops	55.00 per hour

#### Halo® Training

Instructor Foundation Course, Level 1 – HT1	325.00
Instructor Foundation Course, Level 2 – HT2	325.00
Halo® Workshops	55.00 per hour

#### Fascial Movement

Instructor Foundation Course – FM1	800.00
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## Rehabilitation Program – Individual

US\$

### STOTT PILATES® REHAB

Rehab Matwork – RM	1,260.00
Spinal, Pelvic & Scapular Stabilization, Matwork – RM1	720.00
Peripheral Joint Stabilization, Matwork – RM2	720.00
Rehab Reformer – RR	1,260.00
Spinal, Pelvic & Scapular Stabilization, Reformer – RR1	720.00
Peripheral Joint Stabilization, Reformer – RR2	720.00
Rehab Matwork & Reformer – RMR	2,300.00
Rehab Cadillac, Chair & Barrels – RCCB	1,640.00
Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1	1,075.00
Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2	745.00
Full Rehab Repertoire – FRR [includes RMR & RCCB]	3,750.00

## Exam Fees – Individual

US\$

### STOTT PILATES®

#### Level 1 or Combined Levels 1 & 2

Matwork OR Reformer Exam	each	255.00
Matwork & Reformer Exam		285.00
Matwork, Reformer, Cadillac, Chair & Barrels Exam		375.00

#### Level 2

Advanced Matwork OR Advanced Reformer Exam	each	210.00
Advanced Matwork & Reformer Exam		210.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels Exam		210.00

#### Full Certification

Levels 1 & 2 Matwork, Reformer, Cadillac, Chair & Barrels + ISP Exam		375.00
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#### Rehabilitation

RM or RR or RMR1 exam	210.00
RMR1 + RMR2 exam	285.00
RMR1 + RCCB1 exam	285.00
RMR1 + RMR2 + RCCB1 exam	360.00
RMR1 + RMR2 + RCCB1 + RCCB2 exam (Full Rehab Certification)	360.00

#### Exam Retakes\*

Practical component only	150.00
Written component only	130.00

#### Private Review Packages

Single Private Review Session	115.00
2 Private Review Sessions	210.00
3 Private Review Sessions	300.00
4 Private Review Sessions	380.00

#### Additional Sessions

Instructor Trainer Private Makeup Session	85.00
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## Course Packages – Required Materials

CAT# US\$

### Matwork, Level 1 – courses IMP, CMR

Matwork & Reformer Support Materials Book*	ST-08050	30.00
Mat-Plus™ Course Package – English	DV-80335	175.00
Mat-Plus™ Course Package – French	DV-80362	175.00
Mat-Plus™ Course Package – Chinese	DV-80366	185.00
Mat-Plus™ Course Package – German	DV-80364	185.00
Mat-Plus™ Course Package – Japanese	DV-80368	185.00
Mat-Plus™ Course Package – Spanish	DV-80360	185.00

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	30.00
Reformer Course Package – English	DV-80336	225.00
Reformer Course Package – French	DV-80363	225.00
Reformer Course Package – Chinese	DV-80367	250.00
Reformer Course Package – German	DV-80365	250.00
Reformer Course Package – Japanese	DV-80369	250.00
Reformer Course Package – Spanish	DV-80361	250.00

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	425.00
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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	475.00
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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	225.00
ICHR Course Package 1 manual, 1 DVD	DV-80357	105.00
IBRL Course Package 3 manuals, 1 DVD	DV-80352	195.00

### Matwork, Level 2 – course AM

Advanced Matwork, 3rd Ed DVD	DV-81149	45.95
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Also required from Level 1: *Comprehensive Matwork* manual

### Reformer, Level 2 – course AR

Advanced Reformer Course Package	DV-80359	125.00
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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	49.95
Advanced Stability Chair™ DVD	DV-81161	49.95

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	280.00
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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	200.00
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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	200.00
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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	160.00
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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	290.00
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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	340.00
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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	160.00
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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#	US\$
Comprehensive Matwork – English	ST-08005	70.00
– Chinese	MN-29005	85.00
– French	MN-21005	70.00
– German	MN-28005	85.00
– Spanish	MN-26005	85.00
– Japanese	MN-23005	85.00
Essential Reformer – English	ST-08016	75.00
– Chinese	MN-29016	90.00
– French	MN-21016	75.00
– German	MN-28016	90.00
– Spanish	MN-26016	90.00
– Japanese	MN-23016	90.00
Intermediate Reformer – English	ST-08017	75.00
– Chinese	MN-29017	90.00
– French	MN-21017	75.00
– German	MN-28017	90.00
– Spanish	MN-26017	90.00
– Japanese	MN-23017	90.00
Advanced Reformer	ST-08058	90.00
Essential Cadillac	ST-08009	90.00
Intermediate & Advanced Cadillac	ST-08010	105.00
Complete Stability Chair	ST-08015	70.00
Complete Arc Barrel	MN-08065	45.00
Complete Ladder Barrel	ST-08012	45.00
Complete Spine Corrector	ST-08013	45.00
Total Barre™: The Foundation Manual	MN-08075	75.00

### Resource Guides & Support Materials – individually priced

Injuries & Special Populations Resource Guide	ST-08056	90.00
Injuries & Special Populations Support Materials	MN-08064	100.00
Matwork & Reformer Support Materials Book – English	ST-08050	30.00
– Chinese	MN-29050	30.00
– German	MN-28050	30.00
RMR1 Rehab Matwork & Reformer Support Materials	MN-08060	125.00
RMR2 Rehab Matwork & Reformer Support Materials	MN-08062	115.00
RCCB1 Rehab Cadillac, Chair & Barrels Support Materials	MN-08061	115.00
RCCB2 Rehab Cadillac, Chair & Barrels Support Materials	MN-08063	115.00

### Wall Chart Workout Posters

27" x 39", 12 titles, sold separately 29.00  
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](mailto: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.