

# CCB – Flexible learning options

March 10, 2014

Becoming a 'Fully Certified Instructor' opens up a whole new world of potential for the Pilates professional. Learning the application of the entire repertoire of exercises on the Cadillac, Stability Chair™, Arc Barrel, Spine Corrector and Ladder Barrel makes you a leader in the industry and can boost your career – and your bank account!

Our CCB program is designed to be flexible so you can take one course now and continue your training next week, next month or next year.

## Module based training

- **Self-paced training.** Module-based learning means scheduling your courses is much less disruptive and doesn't require as much time away from work.
- **Flexible schedule.** Completion of all three modules is needed in order to sit for the exam, but courses can be completed with as many as six months between them. There is no specific sequence to the modules, so they can be taken when schedules permit.
- **Cost effective.** CCB modules are shorter in duration than taking the full course making them a definite plus when finding substitute Instructors for missing private and group classes and losing out on income.
- **Maximum learning.** By focusing on one piece of equipment at a time, Instructors are able to master it before moving onto the next.

Once the decision has been made to expand teaching skills to cover the Cadillac, Stability Chair & Barrels, the next task is completing the course hours, observation and practice teaching required to become a Fully Certified STOTT PILATES® Instructor. With the module-based learning you can select your own path based on your schedule and your budget.

## The Bridge Program

The STOTT PILATES Bridge Program is an alternate avenue for trained instructors to access the CCB modules. This program was designed for those who have completed either a Matwork or Reformer course with STOTT PILATES and the complementary course with another Pilates organization. Instructors who fit into this category can now attend any or all of the CCB modules and access this high-quality training. Completion of all courses with STOTT PILATES is still compulsory in order to sit for the Full Certification exam.

For more, visit: <https://www.merrithew.com>