

STOTT PILATES®

IR Intensive Reformer

The Reformer is the most popular piece of equipment in Pilates. Learn how to use this highly versatile tool to program and instruct personal training and group classes with confidence using hundreds of spring-resistance exercises.



the next step

Interested in expanding your repertoire? Try IMP, AR or ISP, or enhance group training with XRG.

This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training and group setting for a range of clients. Learn a variety of modifications and variations to expand programming options.

Instructors Learn:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ Essential, Intermediate and Power workouts
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Theory and practice of postural analysis
- ▶ Exercise layering for effective program design
- ▶ 122 exercises plus multiple modifications

Prerequisites:

- ▶ Working knowledge of functional anatomy
- ▶ 30 hours Pilates classes/workouts
- ▶ Three-plus years teaching movement or fitness

Equipment Presented:

- ▶ Reformer
- ▶ Reformer Box
- ▶ Padded Platform Extender
- ▶ Rubber Pad
- ▶ Foam Cushions A & C
- ▶ Maple Pole
- ▶ Mini Stability Ball™

Required Course Materials:

- ▶ 3 manuals: *Essential Reformer, 2nd Ed*; *Intermediate Reformer, 2nd Ed*; *Matwork & Reformer Support Material* (may have already been purchased for IMP)
- ▶ 2 DVDs: *Essential Reformer, 3rd Ed*; *Intermediate Reformer, 2nd Ed*

Recommended Materials:

- ▶ 6 DVDs: *Group Reformer Workout*; *Reformer Workout for Men*; *Athletic Conditioning on the Reformer*; *Rotational Disks*; *Golf Conditioning on the Reformer*; *Jumpboard Interval Training*

Duration:

50 hours – In addition, students are required to complete:

- ▶ Observation – minimum 10 hours
- ▶ Practice teaching – minimum 25 hours
- ▶ Physical review – minimum 40 hours

CECs:

- ▶ 5.0 STOTT PILATES, 5.0 ACE, 4.0 CFP

Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Reformer, Level 1 by taking both a written and practical exam. Exams must be taken within six months of completion of the last course. Please note there is a fee associated with the exam and all exams are cumulative.

Cost for Students

IR – 50 hours

Cost per person	\$1,640
Course materials	\$255
Deposit Required	\$200
Final Payment	February 26, 2014
10% off if registered by January 31, 2014	
Save additionally by enrolling in IMP and IR. Inquire within.	

Upcoming Training Schedule

March 6-9, March 20-23, April 4-5
Thurs 12pm-5:30pm Fri 12pm-5:30pm Sat 12pm-5:30pm Sun 9am-2:30pm

Courses are limited to 12 participants.

For more information and to register contact

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Practice Fitness

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