

Education Price Guide

Effective February 1, 2010 – US Dollars – Prices subject to change without notice

STOTT PILATES®

Certification Programs – Toronto

Intensive Program – Level 1	us \$
Intensive Mat-Plus™ – IMP	1,050.00
Intensive Reformer – IR	1,500.00
Intensive Cadillac, Chair & Barrels – ICCB	1,500.00
▶ Intensive Cadillac – ICAD	825.00
▶ Intensive Chair – ICHR	500.00
▶ Intensive Barrels – IBRL	350.00
Intensive Mat-Plus & Reformer – IMP, IR	2,300.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels – IMP, IR, ICCB	3,650.00

Group SPX™ Training Program

Group SPX Mat-Plus, Combined Modules 1 & 2 – GM1, GM2	1050.00
▶ Group SPX Mat-Plus, Module 1 – GM1	675.00
▶ Group SPX Mat-Plus, Module 2 – GM2	425.00
Group SPX Reformer, Combined Modules 1 & 2 – GR1, GR2	1,500.00
▶ Group SPX Reformer, Module 1 – GR1	925.00
▶ Group SPX Reformer, Module 2 – GR2	675.00

Crossover Program

Crossover from IMP or CMR to GM – XMG	200.00
Crossover from IR or CMR to GR – XRG	200.00
Crossover from GM to IMP – XMP	350.00
Crossover from GR to IR – XRP	350.00

Comprehensive Program – Level 1

Comprehensive Matwork & Reformer – CMR	2,500.00
Comprehensive Cadillac, Chair & Barrels – CCCB	1,325.00
Full Comprehensive Certification – CMR, CCCB, AM, AR, ACCB, ISP	4,950.00

Advanced Program – Level 2

Advanced Matwork – AM	200.00
Advanced Reformer – AR	625.00
Advanced Cadillac, Chair & Barrels – ACCB	450.00
▶ Advanced Cadillac – ACAD	200.00
▶ Advanced Stability Chair – ACHR	150.00
▶ Advanced Barrels – ABRL	150.00
Full Advanced Repertoire – AM, AR, ACCB	1100.00

Injuries & Special Populations Program

Functional Anatomy	450.00
Injuries & Special Populations – ISP	1025.00

Rehabilitation Program

Spinal, Pelvic & Scapular Stabilization, Matwork & Reformer – RMR1	975.00
Peripheral Joint Stabilization, Matwork & Reformer – RMR2	975.00
Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1	975.00
Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2	675.00

Exam Fees – Toronto

Level 1 or Combined Levels 1&2

Matwork OR Reformer Exam	each 215.00
Matwork & Reformer Exam	280.00
Matwork, Reformer, Cadillac, Chair & Barrels Exam	350.00

Level 2

Advanced Matwork OR Advanced Reformer Exam	each 180.00
Advanced Matwork & Reformer Exam	180.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels Exam	180.00

Full Certification

Levels 1 & 2 Matwork, Reformer, Cadillac, Chair & Barrels + ISP Exam	350.00
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Rehabilitation

RMR1 Exam	180.00
RMR1 & RMR2	245.00
RMR1 & RCCB1	245.00
RMR1, RMR2 & RCCB1	245.00
RMR1, RMR2, RCCB1 & RCCB2	245.00

Certification Programs – On-site Hosting

Intensive Program – Level 1	us \$
Intensive Mat-Plus – IMP	6,300.00
Intensive Reformer – IR	8,350.00
Intensive Cadillac, Chair & Barrels – ICCB	8,350.00
▶ Intensive Cadillac – ICAD	4,600.00
▶ Intensive Chair – ICHR	2,750.00
▶ Intensive Barrels – IBRL	1,850.00

Group SPX™ Training Program

Group SPX Mat-Plus, Combined Modules 1 & 2 – GM1, GM2	6,300.00
▶ Group SPX Mat-Plus, Module 1 – GM1	4,050.00
▶ Group SPX Mat-Plus, Module 2 – GM2	2,550.00
Group SPX Reformer, Combined Modules 1 & 2 – GR1, GR2	8,350.00
▶ Group SPX Reformer, Module 1 – GR1	5,100.00
▶ Group SPX Reformer, Module 2 – GR2	3,600.00

Advanced Program – Level 2

Advanced Matwork – AM	1,100.00
Advanced Reformer – AR	3,375.00
Advanced Cadillac, Chair & Barrels – ACCB	2,500.00
▶ Advanced Cadillac – ACAD	1,150.00
▶ Advanced Chair – ACHR	720.00
▶ Advanced Barrels – ABRL	720.00
Full Advanced Repertoire – AM, AR, ACCB	6,200.00

Injuries & Special Populations Program

Injuries & Special Populations – ISP	6,150.00
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Rehabilitation Program

Spinal, Pelvic & Scapular Stabilization, Matwork & Reformer – RMR1	5,850.00
Peripheral Joint Stabilization, Matwork & Reformer – RMR2	5,850.00
Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1	5,850.00
Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2	4,050.00

Continuing Education – On-site Hosting

Instructor workshops of various lengths available	per hour 270.00
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Exam Fees – Hosting & Video Submission

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

RMR1 Exam	210.00
RMR1 & RMR2	285.00
RMR1 & RCCB1	285.00
RMR1, RMR2 & RCCB1	285.00
RMR1, RMR2, RCCB1 & RCCB2	285.00

Additional Fees for On-site Training The host site is responsible for covering travel costs, accommodation, and per diem, plus the cost of required equipment and course materials. Volume discounts available to host facilities. Maximum 12 students per course.

See **Course Materials & Teaching Aids** for required and optional course materials.

*When a retake of both the written and practical components is required, a 25% discount will apply to the current exam price on the 1st retake only. Deposits and course fees are non-refundable. Deposits are non-transferable.

Course Materials & Teaching Aids – Required & Optional

Save by Purchasing Course Packages

*Note: The Matwork & Reformer Support Materials Book is required for two courses but only needs to be purchased once.

Matwork, Level 1 – courses IMP, CMR	CAT #	US \$
Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	25.00
Mat-Plus™ Course Package	DV-80335	162.00

Course Package Includes: 1 manual: *Comprehensive Matwork*; 4 DVDs: *Essential Matwork 3rd Ed*, *Intermediate Matwork 3rd Ed*, *Sculpt & Tone*, *Fitness Circle® Challenge*

Optional Items:		
Advanced Matwork, 3rd Ed DVD	DV-81149	42.95

Reformer – Level 1 – courses IR, CMR		
Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	25.00
Reformer Course Package	DV-80336	207.00

Course Package Includes: 2 manuals: *Essential Reformer*, *Intermediate Reformer*; 2 DVDs: *Essential Reformer 3rd Ed*, *Intermediate Reformer* includes **BONUS** modifications

Optional Items:		
Advanced Reformer manual	ST-08058	80.00
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81154	47.95

Cadillac, Chair & Barrels, Level 1 – courses ICCB, CCCB		
Required Materials:		
CCB Course Package	DV-80355	575.00

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	250.00
ICHR Course Package 1 manual, 1 DVD	DV-80357	125.00
IBRL Course Package 3 manuals, 1 DVD	DV-80352	205.00

Optional Items:		
Advanced Cadillac DVD	DV-81141	47.95
Advanced Stability Chair DVD	DV-81161	47.95

Additional Course Materials: Available at most book stores, these titles are **required** for all Comprehensive courses and **recommended** for Intensive courses

- ▶ Trail Guide to the Body, 3rd Ed – *Andrew Biel*
- ▶ Muscular System Flash Pak – *Bryan Edwards*

Group SPX™ Mat-Plus™ – Modules 1&2		
Required Materials:		
Module 1 Course Package	DV-80340	125.00

Course Package Includes: 1 manual: *Comprehensive Matwork*; 3 DVDs: *Essential Matwork 3rd Ed*, *Total Body Sculpting*, *Fitness Circle® Challenge*

Module 2 Course Package	DV-80341	70.00
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Course Package Includes: 2 DVDs: *Intermediate Matwork 3rd Ed*, *Toning Ball Workout*
Also required: Module 1 course package

Group SPX™ Reformer – Modules 1&2		
Required Materials:		
Module 1 Course Package	DV-80342	100.00

Course Package Includes: 1 manual: *Essential Reformer, 2nd Ed*; 1 DVD: *Essential Reformer* (includes bonus clips: *Reformer Modifications*, *Rack & Roll Reformer Workout* and *Plyometrics*)

Required Materials:		
Module 2 Course Package	DV-80343	100.00

Course Package Includes: 1 manual: *Intermediate Reformer, 2nd Ed*; 1 DVD: *Intermediate Reformer*

BOOK TODAY!

Contact a customer service consultant or visit stottpilates.com/education

- ▶ Phone: 416-482-4050 ext 261
- ▶ Toll-free: North America 1-800-910-0001 ext 261
- ▶ Toll-free: UK 0800-328-5676 ext 261

Matwork, Level 2 – course AM	CAT #	US \$
Required Materials:		
Advanced Matwork, 3rd Ed DVD	DV-81149	42.95

Also required from Level 1: *Comprehensive Matwork* manual

Reformer, Level 2 – course AR		
Required Materials:		
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81154	47.95
Advanced Reformer manual, 2nd Ed	ST-08058	80.00

Cadillac, Chair & Barrels, Level 2 – course ACCB		
Required Materials:		
Advanced Cadillac DVD	DV-81141	47.95
Advanced Stability Chair DVD	DV-81161	47.95

Also required from Level 1: entire package **except** *Essential Cadillac* manual, *Essential Cadillac* DVD, *Essential & Intermediate Stability Chair* DVD

Injuries & Special Populations – course ISP		
Required Materials:		
ISP Course Package	DV-80356	255.00

Course Package Includes: 2 manuals: *ISP Resource Guide*, *ISP Support Material*; 2 DVDs: *Back Care Repertoire*; *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*

Educational Materials

Instructional Manuals – individually priced		
Comprehensive Matwork	ST-08005	60.00
▶ in French	MN-21005	60.00
▶ in Spanish	MN-26005	75.00
▶ in Portuguese	MN-27005	75.00
▶ in Japanese	MN-23005	75.00
Essential Reformer	ST-08016	65.00
▶ in French	MN-21016	65.00
▶ in Spanish	MN-26016	80.00
▶ in Portuguese	MN-27016	80.00
▶ in Japanese	MN-23016	80.00
Intermediate Reformer	ST-08017	65.00
▶ in French	MN-21017	65.00
▶ in Spanish	MN-26017	80.00
▶ in Portuguese	MN-27017	80.00
▶ in Japanese	MN-23017	80.00
Advanced Reformer	ST-08058	80.00
Essential Cadillac	ST-08009	80.00
Intermediate/Advanced Cadillac	ST-08010	90.00
Complete Stability Chair	ST-08015	60.00
Complete Arc Barrel	MN-08065	40.00
Complete Ladder Barrel	ST-08012	40.00
Complete Spine Corrector	ST-08013	40.00

Resource Guides & Support Materials – individually priced		
Injuries & Special Populations Resource Guide	ST-08056	80.00
Injuries & Special Populations Support Materials	MN-08064	85.00
Matwork & Reformer Support Materials Book	ST-08050	25.00
RMR1 Rehab Matwork & Reformer Support Materials	MN-08060	29.95
RMR2 Rehab Matwork & Reformer Support Materials	MN-08062	21.95
RCCB1 Rehab Cadillac, Chair & Barrels Support Materials	MN-08061	21.95
RCCB2 Rehab Cadillac, Chair & Barrels Support Materials	MN-08063	21.95

Client Workout Sheets ⁺		
8-1/2" x 11" pads of 100, 12 titles		18.95

Wall Chart Workout Posters ⁺		
27" x 39", 12 titles, sold separately		32.95

⁺ Available in the following 12 titles:

- 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*

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