Course Materials & Teaching Aids – Required & Optional

Save 10% off retail prices by purchasing course packages Each course package contains all required materials listed beneath it. Package prices reflect 10% discount. Discount available on phone orders only. 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 #	CDN \$
Required Materials:		
Matwork & Reformer Support Materials Book	ST-08050	29.95
Mat-Plus Course Package — DVD	ST-08005	150.12
Mat-Plus Course Package — VHS	VI-90335	132.12
Course Package includes: Comprehensive Matwork Manual; 4 video titles (Essential Matw Intermediate Matwork, Sculpt & Tone, Power Fitness Circle)	vork,	
Optional Items:		
Arc Barrel video – VHS	ST-09014	24.95
Advanced Matwork video – VHS	ST-09059	19.95
Reformer – Level 1 (courses IR, CMR)		
Required Materials:		
Matwork & Reformer Support Materials Book	ST-08050	29.95
Reformer Course Package — DVD	DV-80336	224.91
Reformer Course Package – VHS	VI-90336	278.82
2 Manuals (Essential Reformer, Intermediate Reformer); 2 DVDs (Essential Reformer, Intermediate Reformer incl. BONUS OR 4 VHS (Essential Reformer, Intermediate Reformer, Power Re		ions)
Optional Items:		
Advanced Reformer manual	ST-08058	95.00
Advanced Reformer video – set of 2, VHS	ST-09024	69.90
Cadillac, Chair & Barrels – Level 1 (course	es ICCB, CCCB)	
Required Materials:		
CCB Course Package – VHS	VI-90337	626.04
Course Package includes:		
6 manuals (Essential Cadillac, Intermediate/Advanced Cadillac,		
Complete Arc Barrel, Complete Ladder Barrel, Complete Spine C	bility Chair, Intermediate St	ability Chair,
8 videos (Essential Cadillac, Intermediate Cadillac, Essential Sta Split-Pedal Stability Chair, Arc Barrel, Spine Corrector, Ladder Ba	arrei)	
	arei)	
Split-Pedal Stability Chair, Arc Barrel, Spine Corrector, Ladder Ba	ST-09029	44.95

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, 2nd Ed, Andrew Biel

The Anatomy Coloring Book, Kapit & Elson

Client Workout Sheets*	
8-1/2" x 11" pads of 100, 12 titles	19.95
Wall Chart Workout Posters *	
12 titles, sold separately	39.95
 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	

Prices subject to change without notice

2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6 Contact Us Tel: 416-482-4050 Toll-free: North America 1-800-910-0001, UK 0800-328-5676 Fax: 416-482-2742 E-mail: info@stottpilates.com Website: www.stottpilates.com

Matwork – Level 2 (course AM)	CAT #	CDN \$
Required Materials:		
Advanced Matwork video – VHS	ST-09059	19.95
Reformer – Level 2 (course AR)		
Required Materials:		
Advanced Reformer video – set of 2, VHS	ST-09024	69.90
Advanced Reformer manual	ST-08058	95.00
Cadillac, Chair & Barrels – Level 2 (course)	ACCB)	
Required Materials:		
Advanced Cadillac video – VHS	ST-09029	44.95
Advanced Stability Chair video – VHS	ST-09020	39.95
Intermediate / Advanced Cadillac manual	ST-08010	99.00
Injuries & Special Populations (course ISP)	
Required Materials:		
ISP Course Package – VHS	VI-90338	202.32
Course Package includes:		
ISP manual; 2 Back Care videos (Be Kind to your Spine, Standing T 2 Rehab videos (Lumbar Stabilization, Shoulder Stabilization)	dll);	
Optional Items:		
Pain-Free Posture (Back Care level 2) – VHS	VI-90089	19.95
Pain-Free Posture (Back Care level 2) – DVD	DV-80089	24.95
Rehabilitation (courses RMR1, RMR2, RCCB	1, RCCB2)	
Required Materials:		
Rehab Course Package – VHS	VI-90339	116.82
Course Package includes: 2 Back Care videos (Be Kind to your Spine, Standing Tall);		
2 Rehab videos (Lumbar Stabilization, Shoulder Stabilization)		
Optional Items:		
Essential Matwork – VHS	ST-09057	19.95
Comprehensive Matwork manual	ST-08005	67.00
Pain-Free Posture (Back Care level 2) – VHS	VI-90089	19.95
Pain-Free Posture (Back Care level 2) – DVD	DV-80089	24.95
Essential Reformer – VHS	VI-90101	39.95
Essential Reformer manual	ST-08016	75.00
Essential Cadillac – VHS	ST-09027	44.95
Essential Cadillac manual	ST-08009	89.00
Instructional Manuals (individually priced)		
Comprehensive Matwork	ST-08005	67.00
▶ in French	MN-21005	67.00
in Japanese	MN-23005	85.00
Essential Reformer	ST-08016	75.00
In French	MN-21016	75.00
▶ in Japanese	MN-23016	93.00
Intermediate Reformer	ST-08017	75.00
in French	MN-21017	75.00
in Japanese Advanced Reference	MN-23017	93.00
Advanced Reformer Essential Cadillac	ST-08058	95.00
Intermediate /Advanced Cadillac manual	ST-08009 ST-08010	89.00 99.00
Complete Stability Chair	ST-08010 ST-08015	72.00
Complete Arc Barrel	ST-08015	47.00
Complete Ladder Barrel	ST-08012	47.00
Complete Spine Corrector	ST-08012	47.00
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Price Guide – CDN Dollars

Effective June 1, 2005 Prices subject to change without notice

Reformers	CAT #
Professional Reformer	ST-01000
Group SPX [™] Reformer	ST-01019
Rack & Roll [®] Reformer	ST-01020
Rehab Reformer with Vertical Frame	ST-01030
Rehab Reformer (solo)	ST-01002
Rehab Vertical Frame (solo)	ST-02012
Client Reformer	ST-01001
Accessories	
Rolling Base – Group SPX Reformers	ST-02036
Rolling Base – Rack & Roll Reformers	ST-01021
Stacking Block – Rack & Roll Reformers (one)	ST-01023
Jumpboard – Regular	ST-02003
Jumpboard – Large	ST-02017
Jumpboard – Regular, Group SPX Reformer	ST-02035
Jumpboard – Large, Group SPX Reformer	ST-01043
Soft Footbar	ST-02004
Soft Footbar – Group SPX Reformer	ST-01040
Rotational Diskboard	ST-02013
Rotational Diskboard – Group SPX Reformer	ST-01041
Reformer Box (with Footstrap) – Professional	ST-02000
Reformer Box (with Footstrap) – Extra Long	ST-02002
Reformer Box (with Footstrap) – Extra Tall	ST-02001
Mat Converter – Professional or Rehab Reformers	ST-02006
Mat Converter – Group SPX Reformers	ST-01029
Mat Converter – Rack & Roll or Client Reformers	ST-02027
Padded Platform Extender	ST-02015
Padded Platform Extender – Group SPX Reformer	ST-01042
Roll-up Pole – Maple, 3/4 lb	ST-06008
Roll-up Pole – Metal, 2 lb	ST-06006
Roll-up Pole – Metal, 4 lb	ST-06007
Gripper Mat Chrome Upgrade – Group SPX Reformer	ST-02022 ST-01049
Coloured Frame – Group SPX Reformer	ST-01049
	31-01040
Handles & Straps	CT 02007
Foam Grip Handles (pair)	ST-02007
Long Spine Straps (pair)	ST-02008
Padded Long Spine Straps (pair)	ST-02016
Soft Reformer Loops (pair)	ST-02009
Soft Reformer Double Loop Straps (pair)	ST-02028
Ankle Straps (pair) Hamstring Extension Straps (pair)	ST-02019 ST-02014
	51-02014
Replacement Parts	
50% Reformer Spring	ST-05006
100% Reformer Spring	ST-05007
Carriage Stopper	ST-06012
Fixed Rollers (pair)	ST-06013
Floating Rollers (pair)	ST-06014
Reformer Ropes (pair)	ST-06016
Pulley Block	ST-06017 ST-02018
Reformer Box Footstrap Star Knob	ST-02018 ST-05050
	ST-05050 ST-02023
Shoulder Rests (pair) Spring Clip	ST-02023 ST-02020
Shund Cilb	51-02020

STOTT PILATES®

2,950.00 Cadillac Wall Unit ST-01006 1,350.0 3,595.00 Cadillac Wall Unit ST-01004 1,785.0 6,515.00 Accessories Fuzzy Hanging Straps (pair) ST-02010 70.1 1,575.00 Gripper Mat ST-02010 70.1 2,840.00 Replacement Parts Ight Arm Spring ST-05009 53.1 600.00 Leg Spring ST-05000 66.0 90.00 Push-thru Spring / Regular Arm Spring ST-05000 66.0 90.00 Push-thru Spring / Regular Arm Spring ST-05000 66.0 91.00 Push-thru Spring / Regular Arm Spring ST-05000 66.0 925.00 Push-thru Spring / Regular Arm Spring ST-05000 66.0 925.00 Push-thru Spring / St-05004 60.0 60.0 925.00 Split.Pedal Stability Chair ST-06018 128.8 925.00 Split.Pedal Stability Chair with Handles ST-01017 1,335.1 925.00 Split.Pedal Stability Chair with Handles ST-01018 1,46.0.0 925.00 Split.Pedal Stability Chair with Handles ST-01012 1,5 925	CDN \$	Cadillac	CAT #	CDN S
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Star Knob ST-05050 3.4 375.00 Stability Chair ST-05050 3.4 375.00 Split-Pedal Stability Chair ST-01017 1,335.1 265.00 Split-Pedal Stability Chair with Handles ST-01017 1,335.1 265.00 Split-Pedal Stability Chair with Handles ST-01017 1,335.1 265.00 Stability Chair with Handles ST-01018 1,640.4 345.00 Stability Chair Handles (updater kit) ST-06010 325.1 345.00 Stability Chair Spring ST-05003 60.1 30.00 Light Chair Spring ST-05005 56.4 34.00 Star Knob ST-05005 56.4 34.00 Star Knob ST-05005 3.4 95.00 Barrels Starel Starel 135.00 Ladder Barrel ST-01010 1,945.4 46.00 Arc Barrel Deluxe ST-01012 215.4 72.00 Spine Corrector ST-01013 275.0 72.00 Spine Supporter ST-01016 239.0			ST-02020	5.00
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Matwork Equipment	CAT #	CDN \$
Professional Raised Mat	ST-01009	435.00
 Split Professional Raised Mat 	ST-02021	435.00
 Professional Mat with 2 Small Boxes 	ST-01007	570.00
Pilates Express [™] Mat – green	ST-02029	48.95
Pilates Express Mat – blue	ST-02020	48.95
Deluxe Pilates Mat – green	ST-02024	79.95
Deluxe Pilates Mat – blue	ST-02025	79.95
Accessories		
Small Boxes (pair)	ST-01008	135.00
Bracketed Wooden Dowel System	ST-01005	135.00
Foam Cushion A – w 6", L 9", н 1"	ST-06004	33.00
Foam Cushion B — w6", ∟9", н3"	ST-06003	40.00
Foam Cushion C – w10", L13", H2-1/2"	ST-06005	65.00
Gripper Mat	ST-02022	4.95
Rubber Pad	ST-06020	15.00
Roll-up Pole – Maple, 3/4 lb	ST-06008	25.00
Roll-up Pole – Metal, 2 lb	ST-06006	30.00
Roll-up Pole – Metal, 4 lb	ST-06007	34.00
Pilates Express Mat – green Gift Packs with Sunrise Workout video		
with English VHS	VI-90346	49.99
with French VHS	VI-92246	49.99
with bilingual DVD	DV-82346	49.99
Pilates Express Mat – blue Gift Packs with Sunrise Workout video		
with English VHS	VI-90345	49.99
with French VHS	VI-92245	49.99
with bilingual DVD	DV-82345	49.99

Resistance Equipment

Filless Circle Resistance King		
Fitness Circle Lite	ST-06031	43.95
Fitness Circle Pro – 12" dia.	ST-06023	69.95
Fitness Circle Pro – 14" dia.	ST-06000	69.95
Fitness Circle Lite Gift Packs with Fitness Circle Workout video		
with English VHS	VI-90212	44.99
with French VHS	VI-92212	44.99
with bilingual DVD	DV-82304	44.99
Flex-Band [®] Exerciser		
Flex-Band – regular strength, green	ST-06021	6.00
Flex-Band — extra strength, blue	ST-06022	8.00
Flex-Band Exerciser Gift Packs		
Flex-Band Two Pack	ST-02033	15.99
1 each regular & extra strength		
Sculpt & Tone VHS	VI-90211	24.95
 with regular strength Flex-Band 		
Sculpt & Tone DVD	DV-85211	29.95
with regular strength Flex-Band		
Weighted Balls		
Weighted Ball 10cm – 1 lb (green)	ST-06037	14.95
Weighted Ball 10cm – 2 lbs (blue)	ST-06035	15.95
Weighted Ball 10cm – 3 lbs (purple)	ST-06036	16.95
Bean Bag		
Bean Bag	ST-06001	65.00

Prices subject to change without notice

Balance Equipment

Stability Ball	CAT #	CDN \$		
Stability Ball Plus, with pump – 55 cm, blue	ST-06034	38.95		
Stability Ball Plus, with pump – 65 cm, green	ST-06033	41.95		
Stability Ball Plus – 55cm, blue				
Gift Packs with Core Balance video, workout poste	r & pump			
with English VHS	VI-90213	39.99		
with French VHS	VI-92213	39.99		
with bilingual DVD	DV-82306	39.99		
Stability Ball Plus – 65cm, green	0			
Gift Packs with Core Balance video, workout poste		42.00		
 with English VHS with French VHS 	VI-90214 VI-92214	42.99		
• with bilingual DVD	DV-82305	42.99		
Foam Roller				
Foam Roller	ST-06028	30.00		
with Pilates on a Roll video – VHS	VI-90305	55.00		
BOSU ⁺ Balance Trainer				
BOSU Balance Trainer & pump	ST-06029	175.00		
with Essential BOSU video – VHS	VI-90330	195.00		
with Intermediate BOSU video – VHS	VI-90331	195.00		
with both BOSU videos – VHS	VI-90332	215.00		
Rotational Disks				
Rotational Disks – 10" (pair)	ST-06024	105.00		
Rotational Disks – 12" (pair)	ST-06002	105.00		
Rotational Disk – 19" (single)	ST-06039	90.00		
Clothing				
Women's Fitted T-shirt		25.00		
Men's T-shirt		25.00		
Women's Fitted T-shirt, long sleeve		30.00		
Men's T-shirt, long sleeve		30.00		
Sports Cap		20.00		
Inspirational Posters				

4 titles, sold separately

Enthusiasm, Concentration, Forward Moving, Fighting Spirit

Equipment & Video Combinations

With the vast array of titles available, you may need help selecting products that will best meet your needs. With this in mind, STOTT PILATES has developed a number of video and equipment combinations to provide you with complete fitness programs at special prices. Go online to stottpilates.com/combos or speak to a video customer service consultant.

Custom Colours

STOTT PILATES Reformers, Cadillacs, Stability Chairs, Barrels, Professional Raised Mats and upholstered accessories are easily customized to suit the design of your facility. Choose from six standard colours at no additional charge or create your own look with more than 70 affordably priced custom colours. Ask a customer service consultant for a swatch chart.

Standard colours: Black, Chestnut Brown, Gun Metal Grey, Yew Green, Imperial Blue, Concord Purple

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Certification Programs – Toronto

5		5	5
Intensive Program – Level 1	CDN \$	Intensive Program – Level 1	CDN \$
Intensive Mat-Plus [™] − IMP	1,225.00	Intensive Mat-Plus [™] − IMP	7,590.00
Intensive Reformer – IR	1,725.00	Intensive Reformer – IR	10,350.00
Intensive Cadillac, Chair & Barrels – ICCB	1,725.00	Intensive Cadillac, Chair & Barrels – ICCB	10,350.00
Comprehensive Program – Level 1		Advanced Program – Level 2	
Comprehensive Matwork & Reformer – CMR	2,615.00	Advanced Matwork – AM	1,140.00
Comprehensive Cadillac, Chair & Barrels – CCCB	1,115.00	Advanced Reformer – AR	3,840.00
Comprehensive Level 1 plus ISP – CMR, CCCB, ISP	4,500.00	Advanced Cadillac, Chair & Barrels – ACCB	2,600.00
Full Certification – CMR, CCCB, AM, AR, ACCB, ISP	4,700.00	Advanced Repertoire – AM, AR, ACCB	7,080.00
Advanced Program – Level 2		ISP Program	
Advanced Matwork – AM	190.00	Injury & Special Populations	7,080.00
Advanced Reformer – AR	640.00	Rehabilitation Program	
Advanced Cadillac, Chair & Barrels – ACCB	428.00	Matwork & Reformer, Course 1 – RMR1	8,280.00
Advanced Repertoire – AM, AR, ACCB	1,130.00	Matwork & Reformer, Course 2 – RMR2	8,280.00
ISP Program		Cadillac, Chair & Barrels, Course 1 – RCCB1	8,280.00
Injuries & Special Populations	1,180.00	Cadillac, Chair & Barrels, Course 2 – RCCB2	8,280.00
Rehabilitation Program			
Matwork & Reformer, Course 1 – RMR1	1,380.00	Exam Fees – Hosting & Video Sub	mission
Matwork & Reformer, Course 2 – RMR2	1,380.00	Exams – Level 1 or Combined Levels 1&2	
Cadillac, Chair & Barrels, Course 1 – RCCB1	1,380.00	Matwork	290.00
Cadillac, Chair & Barrels, Course 2 – RCCB2	1,380.00	Reformer	290.00
Practical Assessment Exam	150.00	Matwork & Reformer	325.00
		Matwork, Reformer, Cadillac, Chair & Barrels	360.00
Exam Fees – Toronto		Retake (written or practical only)	130.00
Exams – Level 1 or Combined Levels 1&2		Exams – Level 2	
Matwork	220.00	Advanced Matwork	200.00
Reformer	220.00	Advanced Reformer	200.00
Matwork & Reformer	290.00	Advanced Matwork & Reformer	240.00
Matwork, Reformer, Cadillac, Chair & Barrels	360.00	Advanced Matwork, Reformer, Cadillac, Chair & Barrels	275.00
Retake (written or practical only)	130.00	Retake (written or practical only)*	130.00
Exams – Level 2		Full Certification	
Advanced Matwork	150.00	Full Certification – combined levels 1&2 Matwork,	360.00

Matwork, Reformer, Caunac, Chair & Barreis	300.00
Retake (written or practical only)	130.00
Exams – Level 2	
Advanced Matwork	150.00
Advanced Reformer	150.00
Advanced Matwork & Reformer	175.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels	210.00
Retake (written or practical only) ★	130.00

Full Certification

12.95

Full Certification - combined levels 1&2 Matwork, Reformer, Cadillac, Chair & Barrels (must have taken ISP)

Continuing Education – Toronto

For a full listing of current workshop descriptions and prices please visit: stottpilates.com/workshops

Prices subject to change without notice

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- Toll-free: North America 1-800-910-0001
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 \star When a retake of both the written and practical components is required, a 10% discount will apply to the original exam price on the 1st retake only.

Certification Programs – On-Site Hosting

Reformer, Cadillac, Chair & Barrels (must have taken ISP)

Continuing Education – On-site Hosting

Workshops can be tailored in length to suit your instructors' needs and hosted at your facility - \$240.00 per hour.

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

Additional Fees for On-Site Training

In addition to the costs above, the host site is responsible for covering the Instructor Trainer's travel costs, accommodation, and per diem (to be quoted at time of booking), plus the cost of required equipment.

360.00

Price Guide – CDN Dollars Effective June 1, 2005

To register for courses, workshops, or to book an exam in Toronto, contact 1-800-910-0001 extension 261, or visit stottpilates.com/centers to find a Licensed Certification Center or Hosting Facility near you. Course materials can be ordered through our customer service consultants.

