

## 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 \$
<b>Required Materials:</b>		
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
<b>Course Package includes:</b>		
Comprehensive Matwork Manual; 4 video titles (Essential Matwork, Intermediate Matwork, Sculpt & Tone, Power Fitness Circle)		
<b>Optional Items:</b>		
Arc Barrel video – VHS	ST-09014	24.95
Advanced Matwork video – VHS	ST-09059	19.95

Reformer – Level 1 (courses IR, CMR)	CAT #	CDN \$
<b>Required Materials:</b>		
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
<b>Course Package includes:</b>		
2 Manuals (Essential Reformer, Intermediate Reformer); 2 DVDs (Essential Reformer, Intermediate Reformer incl. BONUS modifications); OR 4 VHS (Essential Reformer, Intermediate Reformer, Power Reformer, Reformer Modifications)		
<b>Optional Items:</b>		
Advanced Reformer manual	ST-08058	95.00
Advanced Reformer video – set of 2, VHS	ST-09024	69.90

Cadillac, Chair & Barrels – Level 1 (courses ICCB, CCCB)	CAT #	CDN \$
<b>Required Materials:</b>		
CCB Course Package – VHS	VI-90337	626.04
<b>Course Package includes:</b>		
6 manuals (Essential Cadillac, Intermediate/Advanced Cadillac, Complete Stability Chair, Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector); 8 videos (Essential Cadillac, Intermediate Cadillac, Essential Stability Chair, Intermediate Stability Chair, Split-Pedal Stability Chair, Arc Barrel, Spine Corrector, Ladder Barrel)		
<b>Optional Items:</b>		
Advanced Cadillac video – VHS	ST-09029	44.95
Advanced Stability Chair video – VHS	ST-09020	39.95

**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 <sup>+</sup>	CDN \$
8-1/2" x 11" pads of 100, 12 titles	19.95

Wall Chart Workout Posters <sup>+</sup>	CDN \$
12 titles, sold separately	39.95

<sup>+</sup> 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

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**Contact Us**  
2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6  
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

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## Price Guide – CDN Dollars

Effective June 1, 2005 Prices subject to change without notice

# STOTT PILATES®

Reformers	CAT #	CDN \$
Professional Reformer	ST-01000	4,395.00
Group SPX™ Reformer	ST-01019	2,950.00
Rack & Roll® Reformer	ST-01020	3,595.00
Rehab Reformer with Vertical Frame	ST-01030	6,515.00
Rehab Reformer (solo)	ST-01002	4,940.00
Rehab Vertical Frame (solo)	ST-02012	1,575.00
Client Reformer	ST-01001	2,840.00

Accessories	CAT #	CDN \$
Rolling Base – Group SPX Reformers	ST-02036	600.00
Rolling Base – Rack & Roll Reformers	ST-01021	600.00
Stacking Block – Rack & Roll Reformers (one)	ST-01023	90.00
Jumpboard – Regular	ST-02003	275.00
Jumpboard – Large	ST-02017	350.00
Jumpboard – Regular, Group SPX Reformer	ST-02035	275.00
Jumpboard – Large, Group SPX Reformer	ST-01043	350.00
Soft Footbar	ST-02004	210.00
Soft Footbar – Group SPX Reformer	ST-01040	210.00
Rotational Diskboard	ST-02013	375.00
Rotational Diskboard – Group SPX Reformer	ST-01041	375.00
Reformer Box (with Footstrap) – Professional	ST-02000	250.00
Reformer Box (with Footstrap) – Extra Long	ST-02002	265.00
Reformer Box (with Footstrap) – Extra Tall	ST-02001	265.00
Mat Converter – Professional or Rehab Reformers	ST-02006	345.00
Mat Converter – Group SPX Reformers	ST-01029	295.00
Mat Converter – Rack & Roll or Client Reformers	ST-02027	345.00
Padded Platform Extender	ST-02015	180.00
Padded Platform Extender – Group SPX Reformer	ST-01042	180.00
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
Gripper Mat	ST-02022	4.95
Chrome Upgrade – Group SPX Reformer	ST-01049	195.00
Coloured Frame – Group SPX Reformer	ST-01048	135.00

Handles & Straps	CAT #	CDN \$
Foam Grip Handles (pair)	ST-02007	46.00
Long Spine Straps (pair)	ST-02008	34.00
Padded Long Spine Straps (pair)	ST-02016	72.00
Soft Reformer Loops (pair)	ST-02009	72.00
Soft Reformer Double Loop Straps (pair)	ST-02028	80.00
Ankle Straps (pair)	ST-02019	72.00
Hamstring Extension Straps (pair)	ST-02014	129.00

Replacement Parts	CAT #	CDN \$
50% Reformer Spring	ST-05006	65.00
100% Reformer Spring	ST-05007	65.00
Carriage Stopper	ST-06012	29.00
Fixed Rollers (pair)	ST-06013	29.00
Floating Rollers (pair)	ST-06014	39.00
Reformer Ropes (pair)	ST-06016	71.00
Pulley Block	ST-06017	36.00
Reformer Box Footstrap	ST-02018	58.00
Star Knob	ST-05050	3.00
Shoulder Rests (pair)	ST-02023	75.00
Spring Clip	ST-02020	5.00

Cadillac	CAT #	CDN \$
Cadillac Trapeze Table	ST-01003	4,600.00
Cadillac Wall Unit	ST-01006	1,350.00
Cadillac Wall Unit with Professional Raised Mat	ST-01004	1,785.00

Accessories	CAT #	CDN \$
Fuzzy Hanging Straps (pair)	ST-02010	70.00
Gripper Mat	ST-02022	4.95

Replacement Parts	CAT #	CDN \$
Light Arm Spring	ST-05009	53.00
Roll-down Spring / Regular Arm Spring	ST-05001	56.00
Leg Spring	ST-05000	60.00
Push-thru Spring	ST-05002	56.00
Push-thru Spring Cover	ST-06019	11.00
Trapeze Spring	ST-05004	60.00
Roll-Down Bar with Springs & Clips	ST-06018	128.00
Roll-down Bar with Eyehooks	ST-06025	27.00
Spring Clip	ST-02020	5.00
Star Knob	ST-05050	3.00

Stability Chair™	CAT #	CDN \$
Split-Pedal Stability Chair	ST-01017	1,335.00
Split-Pedal Stability Chair with Handles	ST-01018	1,640.00

Accessories	CAT #	CDN \$
Stability Chair Handles (updater kit)	ST-06010	325.00
Gripper Mat	ST-02022	4.95

Replacement Parts	CAT #	CDN \$
Heavy Chair Spring	ST-05003	60.00
Light Chair Spring	ST-05005	56.00
Star Knob	ST-05050	3.00

Barrels	CAT #	CDN \$
Ladder Barrel	ST-01010	1,945.00
Arc Barrel	ST-01012	215.00
Arc Barrel Deluxe	ST-01013	275.00
Spine Corrector	ST-01011	635.00
Spine Supporter	ST-01016	239.00

**Correction Notice**  
Please note the following corrections to the Education section of our brochure.

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|---|---|
| <p><b>Page 31 – IR</b></p> <ul style="list-style-type: none"> <li>Minimum 40 hours observation</li> <li>Minimum 25 hours physical review</li> <li>Total: 125 hours</li> </ul> <p><b>Page 33 – CMR</b></p> <ul style="list-style-type: none"> <li>34 hours functional anatomy</li> <li>Total: 310 hours</li> </ul> <p><b>Page 37 – RMR2</b></p> <ul style="list-style-type: none"> <li>2.4 CECs STOTT PILATES; ACE; Can-Fit-Pro</li> </ul> | <p><b>Page 37 – RCCB1</b></p> <ul style="list-style-type: none"> <li>16 hours of instruction and supervised teaching</li> <li>1.6 CECs STOTT PILATES; ACE; Can-Fit-Pro</li> </ul> <p><b>Page 37 – RCCB2</b></p> <ul style="list-style-type: none"> <li>16 hours of instruction and supervised teaching</li> <li>1.6 CECs STOTT PILATES; ACE; Can-Fit-Pro</li> </ul> |
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