

## 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 #	US \$
<b>Required Materials:</b>		
Matwork & Reformer Support Materials Book*	ST-08050	19.95
Mat-Plus Course Package – VHS	ST-08005	116.82
Mat-Plus Course Package – VHS	VI-90335	98.82
<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	19.95
Advanced Matwork video – VHS	ST-09059	14.95

Reformer – Level 1 (courses IR, CMR)	CAT #	US \$
<b>Required Materials:</b>		
Matwork & Reformer Support Materials Book*	ST-08050	19.95
Reformer Course Package – DVD	DV-80336	170.91
Reformer Course Package – VHS	VI-90336	207.72
<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	70.00
Advanced Reformer video – set of 2, VHS	ST-09024	52.95

Cadillac, Chair & Barrels – Level 1 (courses ICCB, CCCB)	CAT #	US \$
<b>Required Materials:</b>		
CCB Course Package – VHS	VI-90337	477.54
<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	34.95
Advanced Stability Chair video – VHS	ST-09020	29.95

**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>	US \$
8-1/2" x 11" pads of 100, 12 titles	15.95

Wall Chart Workout Posters <sup>+</sup>	US \$
12 titles, sold separately	29.95

<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

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## Price Guide – US Dollars

Effective June 1, 2005 Prices subject to change without notice

# STOTT PILATES®

Reformers	CAT #	US \$
Professional Reformer	ST-01000	3,295.00
Group SPX™ Reformer	ST-01019	2,195.00
Rack & Roll® Reformer	ST-01020	2,595.00
Rehab Reformer with Vertical Frame	ST-01030	4,795.00
Rehab Reformer (solo)	ST-01002	3,595.50
Rehab Vertical Frame (solo)	ST-02012	1,195.00
Client Reformer	ST-01001	2,095.00

Accessories	CAT #	US \$
Rolling Base – Group SPX Reformers	ST-02036	460.00
Rolling Base – Rack & Roll Reformers	ST-01021	460.00
Stacking Block – Rack & Roll Reformers (one)	ST-01023	70.00
Jumpboard – Regular	ST-02003	210.00
Jumpboard – Large	ST-02017	260.00
Jumpboard – Regular, Group SPX Reformer	ST-02035	210.00
Jumpboard – Large, Group SPX Reformer	ST-01043	260.00
Soft Footbar	ST-02004	160.00
Soft Footbar – Group SPX Reformer	ST-01040	160.00
Rotational Diskboard	ST-02013	275.00
Rotational Diskboard – Group SPX Reformer	ST-01041	275.00
Reformer Box (with Footstrap) – Professional	ST-02000	190.00
Reformer Box (with Footstrap) – Extra Long	ST-02002	200.00
Reformer Box (with Footstrap) – Extra Tall	ST-02001	200.00
Mat Converter – Professional or Rehab Reformers	ST-02006	260.00
Mat Converter – Group SPX Reformers	ST-01029	219.00
Mat Converter – Rack & Roll or Client Reformers	ST-02027	260.00
Padded Platform Extender	ST-02015	140.00
Padded Platform Extender – Group SPX Reformer	ST-01042	140.00
Roll-up Pole – Maple, 3/4 lb	ST-06008	19.95
Roll-up Pole – Metal, 2 lb	ST-06006	22.95
Roll-up Pole – Metal, 4 lb	ST-06007	24.95
Gripper Mat	ST-02022	3.95
Chrome Upgrade – Group SPX Reformer	ST-01049	150.00
Colored Frame – Group SPX Reformer	ST-01048	100.00

Handles & Straps	CAT #	US \$
Foam Grip Handles (pair)	ST-02007	34.95
Long Spine Straps (pair)	ST-02008	24.95
Padded Long Spine Straps (pair)	ST-02016	55.00
Soft Reformer Loops (pair)	ST-02009	55.00
Soft Reformer Double Loop Straps (pair)	ST-02028	65.00
Ankle Straps (pair)	ST-02019	55.00
Hamstring Extension Straps (pair)	ST-02014	100.00

Replacement Parts	CAT #	US \$
50% Reformer Spring	ST-05006	49.95
100% Reformer Spring	ST-05007	49.95
Carriage Stopper	ST-06012	24.95
Fixed Rollers (pair)	ST-06013	24.95
Floating Rollers (pair)	ST-06014	29.95
Reformer Ropes (pair)	ST-06016	55.00
Pulley Block	ST-06017	29.95
Reformer Box Footstrap	ST-02018	39.95
Star Knob	ST-05050	1.95
Shoulder Rests (pair)	ST-02023	55.00
Spring Clip	ST-02020	3.95

Cadillac	CAT #	US \$
Cadillac Trapeze Table	ST-01003	3,395.00
Cadillac Wall Unit	ST-01006	1,095.00
Cadillac Wall Unit with Professional Raised Mat	ST-01004	1,395.00

Accessories	CAT #	US \$
Fuzzy Hanging Straps (pair)	ST-02010	49.95
Gripper Mat	ST-02022	3.95

Replacement Parts	CAT #	US \$
Light Arm Spring	ST-05009	39.95
Roll-down Spring / Regular Arm Spring	ST-05001	44.95
Leg Spring	ST-05000	49.95
Push-thru Spring	ST-05002	44.95
Push-thru Spring Cover	ST-06019	9.95
Trapeze Spring	ST-05004	49.95
Roll-Down Bar with Springs & Clips	ST-06018	95.00
Roll-down Bar with Eyehooks	ST-06025	19.95
Spring Clip	ST-02020	3.95
Star Knob	ST-05050	1.95

### Stability Chair™

Split-Pedal Stability Chair	ST-01017	995.00
Split-Pedal Stability Chair with Handles	ST-01018	1,195.00

Accessories	CAT #	US \$
Stability Chair Handles (updater kit)	ST-06010	250.00
Gripper Mat	ST-02022	3.95

Replacement Parts	CAT #	US \$
Heavy Chair Spring	ST-05003	49.95
Light Chair Spring	ST-05005	44.95
Star Knob	ST-05050	1.95

### Barrels

Ladder Barrel	ST-01010	1,395.00
Arc Barrel	ST-01012	160.00
Arc Barrel Deluxe	ST-01013	205.00
Spine Corrector	ST-01011	470.00
Spine Supporter	ST-01016	190.00

### Correction Notice

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

#### Page 31 – IR

- Minimum 40 hours observation
- Minimum 25 hours physical review
- Total: 125 hours

#### Page 33 – CMR

- 34 hours functional anatomy
- Total: 310 hours

#### Page 37 – RMR2

- 2.4 CECs STOTT PILATES; ACE; Can-Fit-Pro

#### Page 37 – RCCB1

- 16 hours of instruction and supervised teaching
- 1.6 CECs STOTT PILATES; ACE; Can-Fit-Pro

#### Page 37 – RCCB2

- 16 hours of instruction and supervised teaching
- 1.6 CECs STOTT PILATES; ACE; Can-Fit-Pro

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## Matwork Equipment

	CAT #	US \$
Professional Raised Mat	ST-01009	350.00
▶ Split Professional Raised Mat	ST-02021	350.00
▶ Professional Mat with 2 Small Boxes	ST-01007	435.00
Pilates Express™ Mat – green	ST-02029	38.95
Pilates Express Mat – blue	ST-02030	38.95
Deluxe Pilates Mat – green	ST-02024	59.95
Deluxe Pilates Mat – blue	ST-02025	59.95

### Accessories

Small Boxes (pair)	ST-01008	105.00
Bracketed Wooden Dowel System	ST-01005	105.00
Foam Cushion A – w 6", L 9", H 1"	ST-06004	29.95
Foam Cushion B – w 6", L 9", H 3"	ST-06003	34.95
Foam Cushion C – w 10", L 13", H 2-1/2"	ST-06005	49.95
Gripper Mat	ST-02022	3.95
Rubber Pad	ST-06020	11.95
Roll-up Pole – Maple, 3/4 lb	ST-06008	19.95
Roll-up Pole – Metal, 2 lb	ST-06006	22.95
Roll-up Pole – Metal, 4 lb	ST-06007	24.95

### Pilates Express Mat – green

#### Gift Packs with Sunrise Workout video

▶ with English VHS	VI-90346	42.99
▶ with French VHS	VI-92246	42.99
▶ with bilingual DVD	DV-82346	42.99

### Pilates Express Mat – blue

#### Gift Packs with Sunrise Workout video

▶ with English VHS	VI-90345	42.99
▶ with French VHS	VI-92245	42.99
▶ with bilingual DVD	DV-82345	42.99

## Resistance Equipment

### Fitness Circle® Resistance Ring

Fitness Circle Lite	ST-06031	33.95
Fitness Circle Pro – 12" dia.	ST-06023	53.95
Fitness Circle Pro – 14" dia.	ST-06000	53.95

### Fitness Circle Lite

#### Gift Packs with Fitness Circle Workout video

▶ with English VHS	VI-90212	34.99
▶ with French VHS	VI-92212	34.99
▶ with bilingual DVD	DV-82304	34.99

### Flex-Band® Exerciser

Flex-Band – regular strength, green	ST-06021	4.95
Flex-Band – extra strength, blue	ST-06022	5.95

### Flex-Band Exerciser Gift Packs

Flex-Band Two Pack	ST-02033	12.99
▶ 1 each regular & extra strength		
Sculpt & Tone VHS	VI-90211	19.95
▶ with regular strength Flex-Band		
Sculpt & Tone DVD	DV-85211	24.95
▶ with regular strength Flex-Band		

### Weighted Balls

Weighted Ball 10cm – 1 lb (green)	ST-06037	10.95
Weighted Ball 10cm – 2 lbs (blue)	ST-06035	11.95
Weighted Ball 10cm – 3 lbs (purple)	ST-06036	12.95

### Bean Bag

Bean Bag	ST-06001	49.95
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Prices subject to change without notice

## Balance Equipment

### Stability Ball

	CAT #	US \$
Stability Ball Plus, with pump – 55 cm, blue	ST-06034	29.95
Stability Ball Plus, with pump – 65 cm, green	ST-06033	32.95

### Stability Ball Plus – 55cm, blue

#### Gift Packs with Core Balance video, workout poster & pump

▶ with English VHS	VI-90213	30.99
▶ with French VHS	VI-92213	30.99
▶ with bilingual DVD	DV-82306	30.99

### Stability Ball Plus – 65cm, green

#### Gift Packs with Core Balance video, workout poster & pump

▶ with English VHS	VI-90214	33.99
▶ with French VHS	VI-92214	33.99
▶ with bilingual DVD	DV-82305	33.99

### Foam Roller

Foam Roller	ST-06028	19.95
▶ with Pilates on a Roll video – VHS	VI-90305	39.95

### BOSU® Balance Trainer

BOSU Balance Trainer & pump	ST-06029	130.00
▶ with Essential BOSU video – VHS	VI-90330	145.00
▶ with Intermediate BOSU video – VHS	VI-90331	145.00
▶ with both BOSU videos – VHS	VI-90332	160.00

### Rotational Disks

Rotational Disks – 10" (pair)	ST-06024	80.00
Rotational Disks – 12" (pair)	ST-06002	80.00
Rotational Disk – 19" (single)	ST-06039	70.00

## Clothing

Women's Fitted T-shirt	20.00
Men's T-shirt	20.00
Women's Fitted T-shirt, long sleeve	25.00
Men's T-shirt, long sleeve	25.00
Sports Cap	15.00

## Inspirational Posters

4 titles, sold separately	10.95
▶ 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/combo](http://stottpilates.com/combo) or speak to a video customer service consultant.

## Custom Colors

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 colors at no additional charge or create your own look with more than 70 affordably priced custom colors. Ask a customer service consultant for a swatch chart.

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

† BOSU is a Registered Trademark of DW Fitness, LLC, used under license.

## Certification Programs – Toronto

### Intensive Program – Level 1

	us \$
Intensive Mat-Plus™ – IMP	940.00
Intensive Reformer – IR	1,320.00
Intensive Cadillac, Chair & Barrels – ICCB	1,320.00

### Comprehensive Program – Level 1

Comprehensive Matwork & Reformer – CMR	2,050.00
Comprehensive Cadillac, Chair & Barrels – CCCB	850.00
Comprehensive Level 1 plus ISP – CMR, CCCB, ISP	3,450.00
Full Certification – CMR, CCCB, AM, AR, ACCB, ISP	3,680.00

### Advanced Program – Level 2

Advanced Matwork – AM	140.00
Advanced Reformer – AR	475.00
Advanced Cadillac, Chair & Barrels – ACCB	320.00
Advanced Repertoire – AM, AR, ACCB	850.00

### ISP Program

Injuries & Special Populations – ISP	890.00
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### Rehabilitation Program

Matwork & Reformer, Course 1 – RMR1	1,060.00
Matwork & Reformer, Course 2 – RMR2	1,060.00
Cadillac, Chair & Barrels, Course 1 – RCCB1	1,060.00
Cadillac, Chair & Barrels, Course 2 – RCCB2	1,060.00
Practical Assessment Exam	125.00

## Exam Fees – Toronto

### Exams – Level 1 or Combined Levels 1&2

Matwork	185.00
Reformer	185.00
Matwork & Reformer	240.00
Matwork, Reformer, Cadillac, Chair & Barrels	300.00
Retake (written or practical only)★	110.00

### Exams – Level 2

Advanced Matwork	125.00
Advanced Reformer	125.00
Advanced Matwork & Reformer	145.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels	175.00
Retake (written or practical only)★	110.00

### Full Certification

Full Certification – combined levels 1&2 Matwork, Reformer, Cadillac, Chair & Barrels (must have taken ISP)	300.00
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## Continuing Education – Toronto

For a full listing of current workshop descriptions and prices please visit: [www.stottpilates.com/workshops](http://www.stottpilates.com/workshops)

Prices subject to change without notice

### To Place an Order

Call a customer service consultant or visit [stottpilates.com](http://stottpilates.com)

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

★ 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

### Intensive Program – Level 1

	us \$
Intensive Mat-Plus™ – IMP	5,820.00
Intensive Reformer – IR	7,275.00
Intensive Cadillac, Chair & Barrels – ICCB	7,275.00

### Advanced Program – Level 2

Advanced Matwork – AM	870.00
Advanced Reformer – AR	2,620.00
Advanced Cadillac, Chair & Barrels – ACCB	1,750.00
Advanced Repertoire – AM, AR, ACCB	5,250.00

### ISP Program

Injury & Special Populations	4,760.00
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### Rehabilitation Program

Matwork & Reformer, Course 1 – RMR1	1,060.00
Matwork & Reformer, Course 2 – RMR2	1,060.00
Cadillac, Chair & Barrels, Course 1 – RCCB1	1,060.00
Cadillac, Chair & Barrels, Course 2 – RCCB2	1,060.00

## Exam Fees – Hosting & Video Submission

### Exams – Level 1 or Combined Levels 1&2

Matwork	240.00
Reformer	240.00
Matwork & Reformer	270.00
Matwork, Reformer, Cadillac, Chair & Barrels	300.00
Retake (written or practical only)★	110.00

### Exams – Level 2

Advanced Matwork	170.00
Advanced Reformer	170.00
Advanced Matwork & Reformer	200.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels	230.00
Retake (written or practical only)★	110.00

### Full Certification

Full Certification – combined levels 1&2 Matwork, Reformer, Cadillac, Chair & Barrels (must have taken ISP)	300.00
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## Continuing Education – On-site Hosting

Workshops can be tailored in length to suit your instructors' needs and hosted at your facility – \$200.00 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.

## Price Guide – US 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](http://stottpilates.com/centers) to find a Licensed Certification Center or Hosting Facility near you. Course materials can be ordered through our customer service consultants.