

Education Price Guide

Effective October 15, 2008 Prices subject to change without notice

STOTT PILATES®

Certification Programs – Toronto

Intensive Program – Level 1	US CDN \$
Intensive Mat-Plus™ – IMP	975.00
Intensive Reformer – IR	1,425.00
Intensive Cadillac, Chair & Barrels – ICCB	1,425.00
▸ Intensive Cadillac – ICAD	775.00
▸ Intensive Chair – ICHR	475.00
▸ Intensive Barrels – IBRL	325.00
Intensive Mat-Plus & Reformer – IMP, IR	2,175.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels – IMP, IR, ICCB	3,425.00

Group SPX™ Training Program

Group SPX Mat-Plus, Combined Modules 1 & 2 – GM1, GM2	975.00
▸ Group SPX Mat-Plus, Module 1 – GM1	625.00
▸ Group SPX Mat-Plus, Module 2 – GM2	400.00
Group SPX Reformer, Combined Modules 1 & 2 – GR1, GR2	1,425.00
▸ Group SPX Reformer, Module 1 – GR1	875.00
▸ Group SPX Reformer, Module 2 – GR2	625.00

Crossover Program

Crossover from IMP or CMR to GM – XMG	150.00
Crossover from IR or CMR to GR – XRG	150.00
Crossover from GM to IMP – XMP	325.00
Crossover from GR to IR – XRP	325.00

Comprehensive Program – Level 1

Comprehensive Matwork & Reformer – CMR	2,175.00
Comprehensive Cadillac, Chair & Barrels – CCCB	1,250.00
Comprehensive Level 1 plus ISP – CMR, CCCB, ISP	4,150.00
Full Comprehensive Certification – CMR, CCCB, AM, AR, ACCB, ISP	4,750.00

Advanced Program – Level 2

Advanced Matwork – AM	175.00
Advanced Reformer – AR	575.00
Advanced Cadillac, Chair & Barrels – ACCB	375.00
▸ Advanced Cadillac – ACAD	175.00
▸ Advanced Chair – ACHR	125.00
▸ Advanced Barrels – ABRL	125.00
Full Advanced Repertoire – AM, AR, ACCB	975.00

ISP Program

Injuries & Special Populations – ISP	975.00
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Exam Fees – Toronto

Exams – Level 1 or Combined Levels 1&2

Matwork	200.00
Reformer	200.00
Matwork & Reformer	250.00
Matwork, Reformer, Cadillac, Chair & Barrels	325.00
Retake* (written or practical only)	130.00

Exams – Level 2 Only

Advanced Matwork	130.00
Advanced Reformer	130.00
Advanced Matwork & Reformer	150.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels	185.00
Retake* (practical only)	130.00

Full Certification

Full Certification – Combined Levels 1 & 2 Matwork, Reformer, Cadillac, Chair & Barrels (must have taken ISP)	325.00
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★ 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. Deposits and course fees are non-refundable. Deposits are non-transferable.

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Certification Programs – On-site Hosting

Intensive Program – Level 1	US CDN \$
Intensive Mat-Plus™ – IMP	5,875.00
Intensive Reformer – IR	7,750.00
Intensive Cadillac, Chair & Barrels – ICCB	7,750.00
▸ Intensive Cadillac – ICAD	4,250.00
▸ Intensive Chair – ICHR	2,550.00
▸ Intensive Barrels – IBRL	1,700.00

Group SPX™ Training Program

Group SPX Mat-Plus, Combined Modules 1 & 2 – GM1, GM2	5,875.00
▸ Group SPX Mat-Plus, Module 1 – GM1	3,750.00
▸ Group SPX Mat-Plus, Module 2 – GM2	2,400.00
Group SPX Reformer, Combined Modules 1 & 2 – GR1, GR2	7,750.00
▸ Group SPX Reformer, Module 1 – GR1	4,725.00
▸ Group SPX Reformer, Module 2 – GR2	3,325.00

Advanced Program – Level 2

Advanced Matwork – AM	975.00
Advanced Reformer – AR	3,125.00
Advanced Cadillac, Chair & Barrels – ACCB	2,100.00
▸ Advanced Cadillac – ACAD	1,050.00
▸ Advanced Chair – ACHR	600.00
▸ Advanced Barrels – ABRL	600.00
Full Advanced Repertoire – AM, AR, ACCB	5,500.00

ISP Program

Injuries & Special Populations	5,500.00
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Continuing Education – On-site Hosting

Instructor workshops of various lengths on many topics can be hosted at your facility	per hour / 240.00
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Exam Fees – Hosting & Video Submission

Exams – Level 1 or Combined Levels 1&2

Matwork	250.00
Reformer	250.00
Matwork & Reformer	285.00
Matwork, Reformer, Cadillac, Chair & Barrels	350.00
Retake* (written or practical only)	250.00

Exams – Level 2 Only

Advanced Matwork	180.00
Advanced Reformer	180.00
Advanced Matwork & Reformer	210.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels	240.00
Retake* (practical only)	180.00

Full Certification

Full Certification – Combined Levels 1&2 Matwork, Reformer, Cadillac, Chair & Barrels (must have taken ISP)	350.00
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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.

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

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

Course Materials & Teaching Aids – Required & Optional

Save by purchasing course packages

Course packages contain all required materials. 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 CDN \$
Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	21.95
Mat-Plus™ Course Package – DVD	DV-80335	149.00
Course Package Includes: 1 manual: <i>Comprehensive Matwork</i> ; 4 DVDs: (<i>Essential Matwork 3rd Ed</i> , <i>Intermediate Matwork 3rd Ed</i> , <i>Sculpt & Tone</i> , <i>Fitness Circle® Challenge</i>)		
Optional Items:		
Arc Barrel Workout DVD	DV-80014	44.95
Advanced Matwork, 3rd Ed. DVD	DV-81149	39.95

Reformer – Level 1 (courses IR, CMR)

Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	21.95
Reformer Course Package – DVD	DV-80336	185.00
Course Package Includes: 2 manuals: <i>Essential Reformer</i> , <i>Intermediate Reformer</i> ; 2 DVDs: <i>Essential Reformer 3rd Ed</i> , <i>Intermediate Reformer includes BONUS modifications</i>		
Optional Items:		
Advanced Reformer manual	ST-08058	75.00
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81154	44.95

Cadillac, Chair & Barrels – Level 1 (courses ICCB, CCCB)

Required Materials:		
CCB Course Package – DVD	DV-80337	559.00
Course Package Includes: 6 manuals: <i>Essential Cadillac</i> , <i>Intermediate/Advanced Cadillac</i> , <i>Complete Stability Chair</i> , <i>Complete Arc Barrel</i> , <i>Complete Ladder Barrel</i> , <i>Complete Spine Corrector</i> ; 5 DVDs: <i>Essential Cadillac</i> , <i>Intermediate Cadillac</i> , <i>Essential & Intermediate Stability Chair</i> , <i>Split-Pedal Stability Chair</i> , <i>Complete Barrel Repertoire</i>		
ICAD Course Package – DVD 2 manuals, 2 DVDs	DV-80344	235.00
ICHR Course Package – DVD 1 manual, 2 DVDs	DV-80351	149.00
IBRL Course Package – DVD 3 manuals, 1 DVD	DV-80352	195.00
Optional Items:		
Advanced Cadillac DVD	DV-80029	44.95
Advanced Stability Chair DVD	DV-80020	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, 3rd Ed – *Andrew Biel*
- ▶ Muscular System Flash Pak – *Bryan Edwards*

Group SPX™ Mat-Plus – Modules 1&2

Required Materials:		
Module 1 Course Package – DVD	DV-80340	115.00
Course Package Includes: 1 manual: <i>Comprehensive Matwork</i> ; 3 DVDs: <i>Essential Matwork 3rd Ed</i> , <i>Total Body Sculpting</i> , <i>Fitness Circle® Challenge</i>		
Module 2 Course Package – DVD	DV-80341	65.00
Course Package Includes: 2 DVDs: <i>Intermediate Matwork 3rd Ed</i> , <i>Toning Ball Workout</i>		
Also required: Module 1 course package		

Group SPX™ Reformer – Modules 1&2

Required Materials:		
Module 1 Course Package – DVD	DV-80342	95.00
Course Package Includes: 1 manual: <i>Essential Reformer, 2nd Ed</i> ; 1 DVD: <i>Essential Reformer</i> (includes <i>Reformer Modifications</i> , <i>Rack & Roll Reformer workout</i> and <i>Plyometrics clip</i>)		
Required Materials:		
Module 2 Course Package – DVD	DV-80343	95.00
Course Package Includes: 1 manual: <i>Intermediate Reformer, 2nd Ed</i> ; 1 DVD: <i>Intermediate Reformer</i>		

Matwork – Level 2 (course AM)	CAT #	US CDN \$
Required Materials:		
Advanced Matwork, 3rd Ed DVD	DV-81149	39.95
Also required from Level 1: <i>Comprehensive Matwork manual</i>		

Reformer – Level 2 (course AR)

Required Materials:		
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81154	44.95
Advanced Reformer manual, 2nd Ed	ST-08058	75.00

Cadillac, Chair & Barrels – Level 2 (course ACCB)

Required Materials:		
Advanced Cadillac DVD	DV-80029	44.95
Advanced Stability Chair DVD	DV-80020	44.95
Also required from Level 1: entire package except <i>Essential Cadillac manual</i> , <i>Essential Cadillac DVD</i> , <i>Essential & Intermediate Stability Chair DVD</i>		

Injuries & Special Populations (course ISP)

Required Materials:		
ISP Course Package – DVD	DV-80338	275.00
Course Package Includes: 1 manual: <i>Injuries & Special Populations</i> ; 6 DVDs: 2 Back Care DVDs, <i>Be Kind to your Spine</i> , <i>Standing Tall</i> ; and all 4 Rehab DVDs		
Optional Items:		
Pain-Free Posture (Back Care level 2) DVD	DV-80089	14.95

Instructional Manuals (individually priced)

Comprehensive Matwork	ST-08005	55.00
▶ in French	MN-21005	55.00
▶ in Spanish	MN-26005	69.00
▶ in Japanese	MN-23005	69.00
▶ in Portuguese	MN-28005	69.00
Essential Reformer	ST-08016	59.00
▶ in French	MN-21016	59.00
▶ in Spanish	MN-26016	75.00
▶ in Japanese	MN-23016	75.00
▶ in Portuguese	MN-28016	75.00
Intermediate Reformer	ST-08017	59.00
▶ in French	MN-21017	59.00
▶ in Spanish	MN-26017	75.00
▶ in Japanese	MN-23017	75.00
▶ in Portuguese	MN-28017	75.00
Advanced Reformer	ST-08058	75.00
Essential Cadillac	ST-08009	75.00
Intermediate /Advanced Cadillac	ST-08010	85.00
Complete Stability Chair	ST-08015	59.00
Complete Arc Barrel	ST-08011	39.00
Complete Ladder Barrel	ST-08012	39.00
Complete Spine Corrector	ST-08013	39.00

Client Workout Sheets⁺

8-1/2" x 11" pads of 100, 12 titles	16.95
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Wall Chart Workout Posters⁺

27" x 39", 12 titles, sold separately	29.95
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⁺ 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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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 Email: info@stottpilates.com Website: www.stottpilates.com

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