

# STOTT PILATES®

## IMP Intensive Mat-Plus™

Every Pilates program begins with a strong foundation in Matwork. This STOTT PILATES® course helps build repertoire from the ground up and teach clients body awareness before moving on to spring-resistance equipment. Learn countless modifications, how to cue for smooth transitions and incorporate fitness accessories into Matwork-based programming.

IMP provides the solid foundation needed to develop effective and motivating personal training and group programs. Learn to design and teach Level 1 (Essential & Intermediate) Matwork repertoire, integrating light equipment to meet the needs of clients.

### Instructors Learn:

- Workout composition for personal and group training
- Essential, Intermediate, Power workouts
- Flex-Band®, Fitness Circle® and Arc Barrel workouts
- Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- Modifications for specific body types, postural issues and conditions
- How to incorporate resistance equipment to support and intensify exercises
- Theory and practice of postural analysis
- Exercise layering related to effective program design
- 63 exercises plus multiple modifications

### Prerequisites:

- Working knowledge of functional anatomy
- Three-plus years teaching movement or fitness
- 30 hours Pilates classes/workouts

### Equipment Presented:

- Floor Mat
- Fitness Circle resistance ring
- Flex-Band exerciser
- Arc Barrel
- Foam Cushions A & C
- Rubber Pad
- Mini Stability Ball™
- Spine Supporter (optional)

### Required Course Materials:

- 2 manuals: *Comprehensive Matwork*; *Matwork & Reformer Support Material* (may have already been purchased)
- 4 DVDs: *Essential Matwork, 3rd Ed*; *Intermediate Matwork, 3rd Ed*; *Sculpt & Tone*; *Fitness Circle Challenge*

### Recommended Materials:

- 10 DVDs: *Complete Barrel Repertoire*; *Advanced Matwork, 3rd Ed*; *Power Paced Fitness Circle*; *Total Body Sculpting*; *Ultimate Body Sculpting*; *Pilates on a Roll*; *Pilates with Props, Volume 1*; *Pilates with Props, Volume 2*; *Toning Ball Workout*; *Rotational Disks*

### Duration:

40 hours – In addition, students are required to complete:

- Observation – minimum 10 hours
- Practice teaching – minimum 15 hours
- Physical review – minimum 30 hours

### CECs:

- 4.0 STOTT PILATES, 4.0 ACE, 4.0 CFP

### Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Matwork, Level 1 by taking both a written and practical exam. Exams must be taken within six months of completion of the last course. Please note there is a fee associated with the exam and all exams are cumulative.

### Cost for Students

#### IMP – 40 hours

cost per person	\$1,050.00
course materials	\$219.88*

\*course materials include all manuals and DVDs plus one Flexband, Fitness Circle Lite and Mini Stability Ball.

#### Upcoming Training Schedule

November 17-20th and December 1-4th  
Thu/Fri: 2-7:30pm, Sat/Sun: 9am-2:30pm

Courses are limited to 12 participants.

#### For more information and to register

Karen Banting email [karen.banting@merrithew.com](mailto:karen.banting@merrithew.com)  
phone 1-800-910-0001, ext 287

#### Suny Ulster County Community College

One Development Court, Kingston, New York, 12401

the next step

Interested in expanding your repertoire? Try IR, AM or ISP, or enhance group training with XMG or GR.