

Education Price Guide

Effective February 1, 2010 – CDN Dollars – Prices subject to change without notice

STOTT PILATES®

Certification Programs – Toronto

Intensive Program – Level 1	CDN \$
Intensive Mat-Plus™ – IMP	1,120.00
Intensive Reformer – IR	1,640.00
Intensive Cadillac, Chair & Barrels – ICCB	1,640.00
▶ Intensive Cadillac – ICAD	890.00
▶ Intensive Chair – ICHR	545.00
▶ Intensive Barrels – IBRL	375.00
Intensive Mat-Plus & Reformer – IMP, IR	2,500.00
Intensive Mat-Plus, Reformer, Cadillac, Chair & Barrels – IMP, IR, ICCB	3,940.00

Group SPX™ Training Program

Group SPX Mat-Plus, Combined Modules 1 & 2 – GM1, GM2	1120.00
▶ Group SPX Mat-Plus, Module 1 – GM1	720.00
▶ Group SPX Mat-Plus, Module 2 – GM2	460.00
Group SPX Reformer, Combined Modules 1 & 2 – GR1, GR2	1,640.00
▶ Group SPX Reformer, Module 1 – GR1	1,000.00
▶ Group SPX Reformer, Module 2 – GR2	720.00

Crossover Program

Crossover from IMP or CMR to GM – XMG	215.00
Crossover from IR or CMR to GR – XRG	215.00
Crossover from GM to IMP – XMP	375.00
Crossover from GR to IR – XRP	375.00

Comprehensive Program – Level 1

Comprehensive Matwork® & Reformer – CMR	2,750.00
Comprehensive Cadillac, Chair & Barrels – CCCB	1,440.00
Full Comprehensive Certification – CMR, CCCB, AM, AR, ACCB, ISP	5,450.00

Advanced Program – Level 2

Advanced Matwork – AM	215.00
Advanced Reformer – AR	660.00
Advanced Cadillac, Chair & Barrels – ACCB	475.00
▶ Advanced Cadillac – ACAD	215.00
▶ Advanced Stability Chair – ACHR	165.00
▶ Advanced Barrels – ABRL	165.00
Full Advanced Repertoire – AM, AR, ACCB	1,200.00

Injuries & Special Populations Program

Functional Anatomy	480.00
Injuries & Special Populations – ISP	1,120.00

Rehabilitation Program

Spinal, Pelvic & Scapular Stabilization, Matwork & Reformer – RMR1	1,075.00
Peripheral Joint Stabilization, Matwork & Reformer – RMR2	1,075.00
Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1	1,075.00
Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2	745.00

Exam Fees – Toronto

Level 1 or Combined Levels 1&2

Matwork OR Reformer Exam	each 230.00
Matwork & Reformer Exam	300.00
Matwork, Reformer, Cadillac, Chair & Barrels Exam	375.00

Level 2

Advanced Matwork OR Advanced Reformer Exam	each 190.00
Advanced Matwork & Reformer Exam	190.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels Exam	190.00

Full Certification

Levels 1 & 2 Matwork, Reformer, Cadillac, Chair & Barrels + ISP Exam	375.00
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Rehabilitation

RMR1 Exam	190.00
RMR1 & RMR2	260.00
RMR1 & RCCB1	260.00
RMR1, RMR2 & RCCB1	260.00
RMR1, RMR2, RCCB1 & RCCB2	260.00

Certification Programs – On-site Hosting

Intensive Program – Level 1	CDN \$
Intensive Mat-Plus – IMP	6,720.00
Intensive Reformer – IR	8,900.00
Intensive Cadillac, Chair & Barrels – ICCB	8,900.00
▶ Intensive Cadillac – ICAD	4,900.00
▶ Intensive Chair – ICHR	2,925.00
▶ Intensive Barrels – IBRL	1,950.00

Group SPX™ Training Program

Group SPX Mat-Plus, Combined Modules 1 & 2 – GM1, GM2	6,720.00
▶ Group SPX Mat-Plus, Module 1 – GM1	4,320.00
▶ Group SPX Mat-Plus, Module 2 – GM2	2,760.00
Group SPX Reformer, Combined Modules 1 & 2 – GR1, GR2	8,900.00
▶ Group SPX Reformer, Module 1 – GR1	5,450.00
▶ Group SPX Reformer, Module 2 – GR2	3,825.00

Advanced Program – Level 2

Advanced Matwork – AM	1,200.00
Advanced Reformer – AR	3,600.00
Advanced Cadillac, Chair & Barrels – ACCB	2,675.00
▶ Advanced Cadillac – ACAD	1,200.00
▶ Advanced Chair – ACHR	780.00
▶ Advanced Barrels – ABRL	780.00
Full Advanced Repertoire – AM, AR, ACCB	6,720.00

Injuries & Special Populations Program

Injuries & Special Populations – ISP	6,720.00
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Rehabilitation Program

Spinal, Pelvic & Scapular Stabilization, Matwork & Reformer – RMR1	6,450.00
Peripheral Joint Stabilization, Matwork & Reformer – RMR2	6,450.00
Spinal, Pelvic & Scapular Stabilization, Cadillac, Chair & Barrels – RCCB1	6,450.00
Peripheral Joint Stabilization, Cadillac, Chair & Barrels – RCCB2	4,470.00

Continuing Education – On-site Hosting

Instructor workshops of various lengths available per hour 300.00

Exam Fees – Hosting & Video Submission

Level 1 or Combined Levels 1&2

Matwork OR Reformer Exam	each 275.00
Matwork & Reformer Exam	310.00
Matwork, Reformer, Cadillac, Chair & Barrels Exam	400.00

Level 2

Advanced Matwork OR Advanced Reformer Exam	each 220.00
Advanced Matwork & Reformer Exam	220.00
Advanced Matwork, Reformer, Cadillac, Chair & Barrels Exam	220.00

Full Certification

Levels 1 & 2 Matwork, Reformer, Cadillac, Chair & Barrels + ISP Exam	400.00
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Rehabilitation

RMR1 Exam	220.00
RMR1 & RMR2	310.00
RMR1 & RCCB1	310.00
RMR1, RMR2 & RCCB1	310.00
RMR1, RMR2, RCCB1 & RCCB2	310.00

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.

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

* When a retake of both the written and practical components is required, a 25% discount will apply to the current exam price on the 1st retake only. Deposits and course fees are non-refundable. Deposits are non-transferable.

Course Materials & Teaching Aids – Required & Optional

Save by Purchasing Course Packages

*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	27.00
Mat-Plus™ Course Package	DV-80335	175.00

Course Package Includes: 1 manual: *Comprehensive Matwork*; 4 DVDs: *Essential Matwork 3rd Ed, Intermediate Matwork 3rd Ed, Sculpt & Tone, Fitness Circle® Challenge*

Optional Items:		
Advanced Matwork, 3rd Ed DVD	DV-81149	44.95

Reformer – Level 1 – courses IR, CMR

Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	27.00
Reformer Course Package	DV-80336	219.00

Course Package Includes: 2 manuals: *Essential Reformer, Intermediate Reformer*; 2 DVDs: *Essential Reformer 3rd Ed, Intermediate Reformer includes BONUS modifications*

Optional Items:		
Advanced Reformer manual	ST-08058	85.00
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81154	49.95

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

Required Materials:		
CCB Course Package	DV-80355	620.00

Course Package Includes: 6 manuals: *Essential Cadillac, Intermediate/Advanced Cadillac, Complete Stability Chair, Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector*; 4 DVDs: *Essential Cadillac, Intermediate Cadillac, Essential & Intermediate Stability Chair, Complete Barrel Repertoire*

ICAD Course Package 2 manuals, 2 DVDs	DV-80344	270.00
ICHR Course Package 1 manual, 1 DVD	DV-80357	135.00
IBRL Course Package 3 manuals, 1 DVD	DV-80352	225.00

Optional Items:		
Advanced Cadillac DVD	DV-81141	49.95
Advanced Stability Chair DVD	DV-81161	49.95

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	DV-80340	135.00

Course Package Includes: 1 manual: *Comprehensive Matwork*; 3 DVDs: *Essential Matwork 3rd Ed, Total Body Sculpting, Fitness Circle® Challenge*

Module 2 Course Package	DV-80341	75.00
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Course Package Includes: 2 DVDs: *Intermediate Matwork 3rd Ed, Toning Ball Workout*

Also required: Module 1 course package

Group SPX™ Reformer – Modules 1&2

Required Materials:		
Module 1 Course Package	DV-80342	110.00

Course Package Includes: 1 manual: *Essential Reformer, 2nd Ed*; 1 DVD: *Essential Reformer* (includes bonus clips: *Reformer Modifications, Rack & Roll Reformer Workout and Plyometrics*)

Required Materials:		
Module 2 Course Package	DV-80343	110.00

Course Package Includes: 1 manual: *Intermediate Reformer, 2nd Ed*; 1 DVD: *Intermediate Reformer*

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

Matwork , Level 2 – course AM	CAT #	CDN \$
Required Materials:		
Advanced Matwork, 3rd Ed DVD	DV-81149	44.95
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	49.95
Advanced Reformer manual, 2nd Ed	ST-08058	85.00

Cadillac, Chair & Barrels, Level 2 – course ACCB

Required Materials:		
Advanced Cadillac DVD	DV-81141	49.95
Advanced Stability Chair DVD	DV-81161	49.95

Also required from Level 1: entire package except *Essential Cadillac manual, Essential Cadillac DVD, Essential & Intermediate Stability Chair DVD*

Injuries & Special Populations – course ISP

Required Materials:		
ISP Course Package	DV-80356	280.00

Course Package Includes: 2 manuals: *ISP Resource Guide, ISP Support Material*; 2 DVDs: *Back Care Repertoire; Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*

Educational Materials

Instructional Manuals – individually priced

Comprehensive Matwork	ST-08005	65.00
▶ in French	MN-21005	65.00
▶ in Spanish	MN-26005	79.00
▶ in Portuguese	MN-27005	79.00
▶ in Japanese	MN-23005	79.00
Essential Reformer	ST-08016	69.00
▶ in French	MN-21016	69.00
▶ in Spanish	MN-26016	85.00
▶ in Portuguese	MN-27016	85.00
▶ in Japanese	MN-23016	85.00
Intermediate Reformer	ST-08017	69.00
▶ in French	MN-21017	69.00
▶ in Spanish	MN-26017	85.00
▶ in Portuguese	MN-27017	85.00
▶ in Japanese	MN-23017	85.00
Advanced Reformer	ST-08058	85.00
Essential Cadillac	ST-08009	85.00
Intermediate /Advanced Cadillac	ST-08010	98.00
Complete Stability Chair	ST-08015	65.00
Complete Arc Barrel	MN-08065	44.00
Complete Ladder Barrel	ST-08012	44.00
Complete Spine Corrector	ST-08013	44.00

Resource Guides & Support Materials – individually priced

Injuries & Special Populations Resource Guide	ST-08056	85.00
Injuries & Special Populations Support Materials	MN-08064	98.00
Matwork & Reformer Support Materials Book	ST-08050	27.00
RMR1 Rehab Matwork & Reformer Support Materials	MN-08060	34.95
RMR2 Rehab Matwork & Reformer Support Materials	MN-08062	24.95
RCCB1 Rehab Cadillac, Chair & Barrels Support Materials	MN-08061	24.95
RCCB2 Rehab Cadillac, Chair & Barrels Support Materials	MN-08063	24.95

Client Workout Sheets⁺

8-1/2" x 11" pads of 100, 12 titles	19.95
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Wall Chart Workout Posters⁺

27" x 39", 12 titles, sold separately	34.95
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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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