

STOTT PILATES®

Intensive Courses



INTENSIVE MATWORK (IMP) – 40 HOURS

This course is intended for those already working in the fields of fitness or movement, as well as those who are unable to devote the time required in our Comprehensive Program due to work and/or scheduling issues. Building on your industry knowledge it teaches you to design and lead the Level 1 Essential and Intermediate STOTT PILATES Matwork repertoire, for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Matwork programs.

INTENSIVE REFORMER (IR) – 50 HOURS

Building on your knowledge, this course teaches you to design and lead the Level 1 Essential and Intermediate STOTT PILATES Reformer repertoire for personal or group training settings for a range of clients. You will leave with a solid foundation and required skills to develop effective and motivating Pilates Reformer programs. 139 exercises on the Reformer. (IR may be taken prior to IMP.)

INTENSIVE CADILLAC (ICAD) – 25 HOURS

Students registering for this course must have completed Intensive Mat Plus or Intensive Reformer. Building on the material learned in IMP or IR you learn to design and lead the Level 1 Essential and Intermediate STOTT PILATES Cadillac repertoire for personal or group training settings for a range of clients. 125 exercises on the Cadillac Trapeze Table.

INTENSIVE STABILITY CHAIR (ICHR) – 15 HOURS

Learn to design and lead the Level 1 Essential and Intermediate STOTT PILATES Stability Chair repertoire for personal or group training settings for a range of clients.

INTENSIVE BARREL (IBRL) – 10 HOURS

Learn to design and lead the Level 1 Essential and Intermediate STOTT PILATES Ladder Barrel, Spine Corrector and Arc Barrel repertoire for personal or group training settings for a range of clients.

142-2 Brimbal Ave
Beverly, MA 01915
979.969.0900

education@northeastpilates.com

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ADVANCED COURSES

This program is for you if you have already completed the Intensive Course(s) and are looking to advance your Pilates education.

ADVANCED MATWORK (AM) – 6 HOURS

This 6-hour course progresses the Matwork to more advanced material, providing further options and challenges on the mat for highly conditioned clients. Exercises require strength, balance and coordination.

ADVANCED REFORMER (AR) – 18 HOURS

Learn to use the various Reformer components and accessories to intensify reformer repertoire and provide a stimulating workout for athletes, dancers, and highly conditioned clients. Advanced exercises in the repertoire require greater strength, stability and flexibility.

ADVANCED CADILLAC (ACAD) – 6 HOURS

This course prepares you to teach 28 Advanced level exercises plus modifications using the Cadillac for the highly conditioned client.

ADVANCED STABILITY CHAIR (ACHR) – 3 HOURS

This course provides you with 14 Advanced Stability Chair™ exercises plus modifications, for the highly conditioned client.

ADVANCED BARREL (ABRL) – 3 HOURS

This course equips you with 14 Advanced level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

INJURIES AND SPECIAL POPULATIONS (ISP) – 28 HOURS

The Injuries & Special Populations course equips you with the skills required to address a broad range of physical challenges among your clients.

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