

## Advanced Cadillac, Chair & Barrels - ACCB

The Advanced (Level 2) program begins with a review of relevant Essential and Intermediate exercises, then students learn to apply STOTT PILATES™ biomechanical principles to exercises that require a higher degree of strength, balance and coordination. These courses can be taken immediately after the corresponding Level 1 course

Learn Advanced level exercises that will place new demands on the body in different planes of motion using the full range of STOTT PILATES™ equipment. This course rounds out the Level 2 repertoire, placing particular emphasis on the utilization of the Cadillac trapeze table, Stability Chair and Barrels for the highly conditioned.

**Also taught:**

- Muscular initiation and sequencing of Advanced level exercises
- Multiple variations for variety and intensity
- 59 exercises



**PREREQUISITES**

ICCB or CCCB

**DURATION**

12 hours instruction over two days

**CECs**

1.2 STOTT PILATES™

**CAPACITY**

Maximum 12 students

**FEE**

Please call 886-7744 for more information or write [Studio@vivianzapanta.com](mailto:Studio@vivianzapanta.com)

**Required educational materials, for each participant:**

- Advanced Cadillac, Chair & Barrels
- Advanced Cadillac DVD
- Advanced Stability Chair DVD (2 discs)

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

*Prices may change without prior notice.*

\$200 US dollars reservation fee per course required & balance must be paid 2 weeks before the onset of the course.

**Upcoming Training Dates**

Please click studio page and calendar to check for dates and times of this course.