

Advanced Reformer - AR

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

Also taught:

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



PREREQUISITES

IR or CMR or GR + XRP

DURATION

18 hours instruction over three days

CECs

1.8 STOTT PILATES™

CAPACITY

Maximum 12 students

FEE

Please call 886-7744 for more information or write Studio@vivianzapanta.com

Required educational materials, for each participant:

Advanced Reformer manual
Advanced Reformer DVD (2 discs)

Also required from Level 1: Essential and Intermediate Reformer manual

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.