

Group SPX Mat-Plus Training - GM

This course is designed specifically for trainers who teach in a group environment.

Taught in two modules, instructors learn necessary skills to conduct safe Essential and Intermediate level group matwork classes with energy and effective cueing techniques. Instructors are eligible to take the certification exam once they have successfully completed both modules 1 & 2. Upon completion of this course, instructors can take the crossover program should they decide to enter one of the Intensive programs that cover customized private STOTT PILATES™ training. In addition to these general objectives, this course covers: Ten group matwork routines (Essential through Intermediate) integrating small equipment (Flex-Bands, Fitness Circles and Toning Balls) with a variety of intensity levels.

PREREQUISITES

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

DURATION

40 hours instruction & supervised teaching
Module 1 is 25 hours, Module 2 is 15 hours
After each 15 hour or 10 hour segment we recommend:

- Observation – Minimum 3 hours
- Practice Teaching – 5 hours
- Physical Review – 10 hours

CAPACITY

Maximum 12 students

FEE

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

COURSE BREAKDOWN

IMP Module 1 Course
Comprehensive Matwork Manual 3rd Edition
Total Body Sculpting
Fitness Circle Challenge

IMP Module 2 Course
Toning Ball Workout
ALSO REQUIRED: Module 1 course package

Recommended reading materials include Trail Guide to the Body, 2nd Ed. by Andrew Beil & Muscular System Flash Pak, Bryan Edwards

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