

Group SPX Reformer Training - GR

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

Composed of two modules, it will provide instructors with the skills to conduct safe Essential and Intermediate level Group SPX Reformer 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: Twelve group reformer programs (Essential through Intermediate) with a variety of intensity levels and interestingly use of jumpboards will be applied.

PREREQUISITES

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

DURATION

50 hours instruction & supervised teaching
Module 1 is 30 hours, Module 2 is 20 hours
After each 15 hour or 10 hour segment we recommend:

- Observation – Minimum 3 hours
- Practice Teaching – 7 hours
- Physical Review – 10 hours

CAPACITY

Maximum 12 students

FEE

COURSE BREAKDOWN

IR Module 1 Course

Reformer Manual 2nd Edition
Essential Reformer DVD (includes Reformer Modifications,
Rack & Roll Reformer workout, and Plyometrics clip

IR Module 2 Course

Intermediate Reformer Manual 2nd Ed
Intermediate Reformer DVD

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