

Intensive Cadillac, Chair & Barrel - ICCB

ICCB prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac Trapeze Table, Stability Chair, Ladder Barrel, Spine Corrector and Arc Barrel. By the end of this course you are able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals. Our programs provide a balanced and thorough blend of theory, observation and practical experience to help you master the repertoire.

Level 1 - Essential, Intermediate

Maximize personal, small group and circuit training options in a fully equipped STOTT PILATES™ Studio. The course teaches essential and intermediate level exercises and modifications using a variety of STOTT PILATES™ equipment and accessories.

PREREQUISITES

STOTT PILATES™ Intensive Mat-Plus™
STOTT PILATES™ Intensive Reformer

DURATION

50 hours of instruction

After the course we recommend students complete:

- Observation - Minimum 10 hours observation
- Practice Teaching – 25 hours
- Physical Review – 40 hours

CAPACITY

Maximum 12 students

FEE

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

Required educational materials, for each participant:

Essential Cadillac Manual 2nd Ed
Intermediate/Advanced Cadillac Manual
Complete Stability Chair Manual
Complete Arc Barrel Manual
Complete Spine Corrector Manual
Complete Ladder Barrel Manual

Essential Cadillac DVD (2nd Ed)
Intermediate Cadillac DVD (2nd Ed)
Essential & Intermediate Stability Chair DVD (2nd Ed)
Split-Pedal Stability Chair DVD
Complete Barrel Repertoire DVD

Recommended reading materials include Trail Guide to the Body, 3rd edition by Andrew Biel, Muscular System Flash Anatomy, Flash pak, by Bryan Edwards Publishing, 1 & 2.

Upcoming Training Dates

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

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.

