

Intensive Mat Plus™ – IMP

Provides the solid foundation and skills needed to develop effective and motivating personal training programs. This course teaches how to design and teach the Level 1 (Essential & Intermediate) Matwork repertoire, integrating unique light equipment to meet the specific needs of your clients.

Level 1 - Essential, Intermediate

Teaches effective Matwork programming for a variety of clients. Students also learn how to incorporate small equipment (Flex Band®, Fitness Circle® and Arc Barrel) into personal or group classes for added challenge and variety.



PREREQUISITES

Three years (minimum) teaching movement or fitness working knowledge of functional anatomy; 30 hours of Pilates classes/workouts

DURATION

40 hours of instruction

After the course we recommend students complete:

- Observation - Minimum 10 hours
- Practical teaching - 15 hours
- Physical review - 30 hours

CAPACITY

Maximum 12 students

FEE

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

Required educational materials, for each participant:

Comprehensive Matwork Manual
Mat & Reformer Support Materials
Essential Matwork 3rd edition DVD
Intermediate Matwork 3rd edition DVD
Sculpt & Tone Flex-Band Series DVD
Fitness Circle Challenge DVD

Muscular System Flash Anatomy, Flash Pack (optional)
(by Bryan Edwards Publishing, Vol. 1 & 2)

Recommended reading materials include Trail Guide to the Body, 3rd Ed. by Andrew Beil.
Prices may change without prior notice.

Upcoming Training Dates

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

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