

Intensive Reformer - IR

This course teaches you how to design and instruct Level 1 (Essential and Intermediate) reformer workouts in personal training settings for a range of clients. While IR may be taken prior to IMP, we recommend completing IMP first.

Level 1 - Essential, Intermediate

Provides the necessary skills to teach exercises, variations and modifications for the STOTT PILATES™ Reformer. Learn how to use resistance to challenge Essential and Intermediate level clients.



PREREQUISITES

Three years (minimum) teaching movement or fitness working knowledge of functional anatomy.
30 hours of STOTT PILATES™ classes/workouts

DURATION

50 hours of instruction

After the course we recommend students complete:

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

CAPACITY

Maximum 12 students

FEE

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

Required educational materials, for each participants:

Essential Reformer Manual (2nd edition)
Intermediate Reformer Manual (2nd edition)
Essential Reformer DVD (3rd edition)
Intermediate Reformer DVD 2nd
Mat & Reformer Support Materials

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.