

Intensive Mat-Plus™

IMP

Every Pilates program begins with a strong foundation in Matwork. This STOTT PILATES® course helps build repertoire from the ground up and teach clients body awareness before moving on to spring-resistance equipment. Learn countless modifications, how to cue for smooth transitions and incorporate fitness accessories into Matwork-based programming.

IMP provides the solid foundation needed to develop effective and motivating personal training and group programs. Learn to design and teach Level 1 (Essential & Intermediate) Matwork repertoire, integrating light equipment to meet the needs of clients.

Instructors Learn

- w Workout composition for personal and group training
- w Essential, Intermediate, Power workouts
- w Flex-Band®, Fitness Circle® and Arc Barrel workouts
- w Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- w Modifications for specific body types, postural issues and conditions
- w How to incorporate resistance equipment to support and intensify exercises
- w Theory and practice of postural analysis
- w Exercise layering related to effective program design
- w 63 exercises plus multiple modifications

Prerequisites

- w Working knowledge of functional anatomy
- w Three-plus years teaching movement or fitness*
- w 30 hours Pilates classes/workouts

Equipment Presented

- | | | |
|------------------------|-----------------------------------|----------------------------|
| w Floor Mat | w Fitness Circle® resistance ring | w Flex-Band® exerciser |
| w Arc Barrel | w Foam Cushions A & C | w Eco-Friendly Pilates Pad |
| w Mini Stability Ball™ | w Spine Supporter (optional) | |

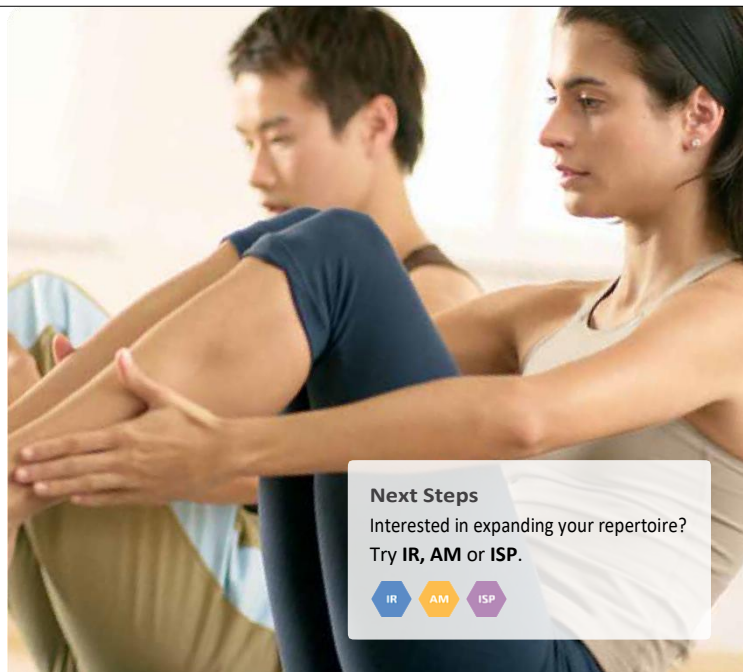
Required Course Materials

- w 2 manuals: *Comprehensive Matwork; Matwork & Reformer Support Material*
- w 4 DVDs: *Essential Matwork, 3rd Ed; Intermediate Matwork, 3rd Ed; Total Body Sculpting; Fitness Circle Challenge*

Recommended Materials

- w DVDs: *Complete Barrel Repertoire, Advanced Matwork, 3rd Ed; Power Paced Fitness Circle, Ultimate Body Sculpting; Pilates on a Roll; Pilates with Props, Volumes 1 & 2; Toning Ball Workout; Rotational Disks; Essential Pilates on the Edge; Essential Matwork on Stability Cushions; Precision & Control; Intense Body Blast, Pilates Interval Training, Levels 1 & 2; Matwork Flow, Conditioning Sequence Workout; Morning Mobilizer for Strength & Agility; Matwork Flow with Weights; Pilates Towel Workout; Athletic Conditioning on Stability Cushions; Strength & Agility, Pilates with the Medicine Ball; Dynamic Balance; 3-D Balance*

* Applicants with a strong of history of Pilates participation and/or experience instructing students/clients in another field may also be considered

**Next Steps**

Interested in expanding your repertoire?
Try IR, AM or ISP.

IR

AM

ISP

Duration

40 hours – In addition, students are required to complete:

- w Observation – minimum 10 hours
- w Practice teaching – minimum 15 hours
- w Physical review – minimum 30 hours

Certification

Upon successful completion of the course, students may certify in STOTT PILATES Matwork, Level 1 by taking both a written and practical exam. Exams must be taken within six months of completion of the last course. Please note there is a fee associated with the exam and all exams are cumulative.

Cost for Students

Cost per person: £1,400.00

Course materials Please purchase materials direct from Nick Cunningham at

Notes: nick.cunningham@merrithew.com

CECs: 4.0

Upcoming Training Schedule

Date(s): 8 days during Feb-Mar 2026 (40 hrs)

Time(s): See website for full times

Notes: Please bring a packed lunch

Courses are limited to 12 participants.

For more information and to register:

Visit our website www.oxfordshirepilates.co.uk and follow the **Instructions. The course details will be found under the 'Courses' tab...** PLEASE ENSURE YOU MAKE THE DEPOSIT PAYMENT TO RESERVE YOUR PLACE.