



RockStar Pilates in West Los Angeles will be hosting a STOTT Mat Teacher Training this Spring 2026! STOTT Pilates is one of the biggest and most well-renowned schools in the Pilates industry. With a STOTT Certification you will be able to work anywhere in the world. We would love to have you join us and support you in your Pilates career.

The STOTT PILATES Intensive Mat-Plus is a 40-hour course which provides you with the solid foundation and skills you need to develop effective and motivating group and personal training programs.

Why Choose the Intensive Mat-Plus™ Certification?

- ✓ Learn **63 essential & intermediate exercises** with modifications for diverse clients.
- ✓ Master **postural analysis, cueing and exercise layering** for effective programming.
- ✓ Train with the **Flex-Band®**, **Fitness Circle®** and **Arc Barrel** to enhance workouts.
- ✓ Flexible training – **Scheduling is determined by each Training Center.**
- ✓ Ideal for fitness professionals looking to **fast-track their Pilates career.**

What You'll Learn

Pilates Principles

- **STOTT PILATES® Principles** for safe and effective movement.
- Theory and practice of **postural analysis.**

Complete Pilates Repertoire (63 exercises)

- Essential & Intermediate Matwork.
- Power workouts for strength and endurance.
- Exercise modifications for postural conditions and body types.

Practical Teaching & Programming

- Effective cueing, correction and communication skills.
- Use of **Flex-Band®**, **Fitness Circle®** and **Arc Barrel** for exercise variation.
- Group and Private session programming.
- Exercise layering techniques for progressive learning.

Course Materials

- **Matwork & Reformer Support Materials Book**
Required for IMP, IR, and CMR courses. This book only needs to be purchased once, even if taking multiple courses.
- **Intensive Mat-Plus™ Course Package Manual + Digital Video**
Both the manual and digital content are required. These can be purchased together as a package or separately, depending on shipping preferences.
- **Comprehensive Matwork Manual**
- **Intensive Mat-Plus™ Course Package (Digital Video Only)**

Optional resources

These resources are not available at merrithew.com, however you may want to purchase these as additional resources for your practice.

- Trail Guide to the Body, Andrew Biel
- Anatomy Flash Cards, Anne Gilroy

STOTT INTENSIVE MAT-PLUS INSTRUCTOR TRAINING:

STOTT "Intensive MAT-PLUS" covering Essential and Intermediate Matwork

4 Weekends Saturdays & Sundays - **8 Days only** = 40 hours

STARTING: Saturday, April 11 – Sunday, May 3, 2026

HOURS: 12:00pm - 5:30pm (30 minute lunch)

LOCATION: RockStar Pilates - 5126 Bedford Ave., Los Angeles, CA 90056

Early Registration price covers all expenses and includes the Essential and Intermediate Books and Video Materials. Late Registration Materials not included.

BIG SAVINGS! ~ Early Course Registration Special: Sign up and pay in full at least 4 weeks prior to the course start date and save **\$200**, plus get your required course materials **FREE**.

Intensive Mat-Plus (IMP) Course: **\$1,800 (\$1600 Early Registration*)**

**"Early Registration" if fully paid 4 weeks before start date on or no later than Sat March 14th, 2026.*

Deposit: A **\$500** deposit is required to confirm your spot in the course. This deposit is non-refundable (*for processing and administration*).

Method of Payment: ZELLE, Venmo, Apple Pay, Credit Card – Payment plans available.

Pay in 2 – 4 installments up to Early Bird deadline or Class Start Date.

Tuition Policies: REFUND POLICY - If cancellation/refund is requested at least 14 days prior to the course start date, the refund amount equals the amount paid for your course less the Deposit fee. **No refunds or transfers within 14 days of the course start date.**

MENTORSHIP OPPORTUNITY: After Teacher Training there is Mentorship opportunity at RockStar Pilates studio for preparation to testing out, and possible employment opportunity. Talk to studio for more details.

12 Students Max for small intimate learning experience. Last year's training SOLD OUT, so please let us know ASAP if you're interested & would like to reserve a spot.

For additional information call or text: (323) 397-5222 or email: info@rockstarpilates.fit

www.rockstarpilates.fit | **(323) 397-5222**

~ **RockStar Pilates**