

NOTE: If you are applying for a course (not a workshop) to be held at the **YMCAfit Active Pilates Studio** in Central London, you must contact their own booking office direct. Call **0207 343 1830 (option 1)** for full details on how to book a place on the London course of your choice.

CONTACT INFORMATION

Name		Company name (if applicable)
Address		
City	Zip/post code	Country
Phone (day)	(evening)	
Fax	E-mail address	



INTENSIVE COURSES	Code	FEE (inc VAT)
<input type="checkbox"/> Intensive Mat-Plus	IMP	£920.00
Course Materials Required:		
<input type="checkbox"/>	PM08050	Mat/Reformer Support Materials Book £13.13
<input type="checkbox"/>	CM0001	Comprehensive Matwork Manual, Essential Matwork DVD, Intermediate Matwork DVD, Sculpt & Tone Level 1 DVD, Fitness Circle Challenge DVD £101.22
<input type="checkbox"/> Intensive Reformer	IR	£1,150.00
Course Materials Required:		
<input type="checkbox"/>	PM08050	Mat/Reformer Support Materials Book £13.13
<input type="checkbox"/>	CM0002	Essential Reformer Manual, Intermediate Reformer Manual £129.98 Essential Reformer DVD, Intermediate Reformer DVD
<input type="checkbox"/> Intensive Cadillac Course		£575.00
Course Materials Required:		
<input type="checkbox"/>	CM0003	Essential Cadillac Manual, Intermediate/Advanced Cadillac Manual, £145.93 Essential Cadillac DVD, Intermediate Cadillac DVD
<input type="checkbox"/> Intensive Chair Course		£345.00
Course Materials Required:		
<input type="checkbox"/>	CM0004	Complete Stability Chair Manual, Essential/Intermediate Stability Chair DVD, £90.97 Split-pedal Stability Chair DVD
<input type="checkbox"/> Intensive Barrels Course		£230.00
Course Materials Required:		
<input type="checkbox"/>	CM0005	Complete Ladder Barrel Manual, Complete Spine Corrector Manual, Complete Arc Barrel Manual, £128.65 Complete Barrel Repertoire DVD
SUPPORTED COURSES	Code	FEE (inc VAT)
<input type="checkbox"/> Enhanced Matwork for Non-Fitness Professionals	CM0007 & CM0008	£2,800.00
	Course Materials included (EN0001NEW)	
GRADUATE COURSES	Code	FEE (inc VAT)
<input type="checkbox"/> Advanced Matwork	AM	£138.00
Course Materials Required:		
<input type="checkbox"/>	PV81149	Advanced Matwork DVD £22.49
<input type="checkbox"/> Advanced Reformer	AR	£414.00
Course Materials Required:		
<input type="checkbox"/>	PV81154	Advanced Reformer DVD (Set 2) £24.49
<input type="checkbox"/>	PM08058	Advanced Reformer Manual £45.00

GRADUATE COURSES cont.		Code	FEE (inc VAT)
<input type="checkbox"/>	Advanced Cadillac, Chair & Barrels	ACCB	£276.00
Course Materials Required:			
<input type="checkbox"/>		PM08010	Intermediate/Advanced Cadillac Manual
<input type="checkbox"/>		PV81141	Advanced Cadillac DVD
<input type="checkbox"/>		PV81161	Advanced Stability Chair DVD
<input type="checkbox"/>	Injuries & Special Populations	ISP	£552.00
Course Materials Required:			
<input type="checkbox"/>		CM0009	ISP Manual, Spinal Pelvic Stabilisation on Equipment DVD, Spinal Pelvic Stabilisation with Reformer & Vertical Frame DVD, Periphral Joint Stabilisation on Equipment DVD, Periphral Joint Stabilisation with Reformer & Vertical Frame DVD

COURSE START DATE(S) REQUESTED Please refer to the timetable of courses/workshops and state the dates you are applying for.

EXAMS	FEE (inc VAT)	FEE (inc VAT)
<input type="checkbox"/> Intensive Mat-Plus	£287.50	<input type="checkbox"/> Advanced Mat Repertoire
<input type="checkbox"/> Intensive Reformer	£287.50	<input type="checkbox"/> Advanced Reformer Repertoire
<input type="checkbox"/> Intensive Cadillac, Chair and Barrels	£287.50	<input type="checkbox"/> Advanced CC&B Repertoire

ONLY TO BE COMPLETED FOR THE STOTT PILATES COURSES/WORKSHOPS/EXAMS

RELEVANT EDUCATION

Please list related degrees, diplomas, post secondary or certificate courses and workshops

Outline education in anatomy (course/workshops taken)

List related certification (eg. ACE, AFAA, YMCA, Premier etc. please specify)

RELEVANT EXPERIENCE

Outline your teaching experience

Describe your experience in dance, fitness or other body work

Outline your experience with the works of Joseph Pilates

PERSONAL INFORMATION

Do you have any injuries, conditions (including current or recent pregnancy) or postural issues that may affect your performance during the course?

How did you hear about STOTT PILATES / Active Training?

Why are you interested in becoming a certified instructor?

How do you plan to use your certification (how will you be applying your knowledge)?

Are you using this course to fulfil continuing education credits?

 yes

 no

INTELLIGENT FITNESS MODULES		Code	FEE (inc VAT)	Module Date(s)
<input type="checkbox"/>	Foundations of Anatomy	FOA	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0001	£29.99	
<input type="checkbox"/>	Home Study Workbook	PAIF0002	£29.99	
<input type="checkbox"/>	Foundations of Physiology (Home Study)	FOPHOME		
<input type="checkbox"/>	Resource Materials (required)	PAIF0003	£33.74	
<input type="checkbox"/>	Analysis of Human Movement	AHM	£161.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0004	£29.99	
<input type="checkbox"/>	Applied Physiology for Exercise Professionals	AP	£483.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0005	£33.74	
<input type="checkbox"/>	Essential Conditioning Skills	ECDS	£805.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0006	£37.49	
<input type="checkbox"/>	Programme Design	PD	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0007	£33.74	
<input type="checkbox"/>	The Science of Torso Training Part 1	TTX	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0008	£33.74	
<input type="checkbox"/>	Essential Anatomy	AA	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0009	£33.74	
<input type="checkbox"/>	Flexibility: The Art & Science of Stretching	FLEX	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0010	£33.74	
<input type="checkbox"/>	Postural Assessment & Correction	PAC	£161.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0011	£29.99	
<input type="checkbox"/>	Essential Nutrition	EN	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0012	£33.74	
<input type="checkbox"/>	Advanced Cardiovascular Conditioning for Health & Performance	ACV	£483.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0013	£33.74	
<input type="checkbox"/>	Essential Business Skills	EBS	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0014	£33.74	
<input type="checkbox"/>	Essential Communication Skills	ECS	£161.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0015	£29.99	
<input type="checkbox"/>	Fat Loss	FL	£322.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0016	£37.49	
<input type="checkbox"/>	Advanced Resistance Training For Health & Performance	AR	£483.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0017	£47.24	
<input type="checkbox"/>	The Science of Torso Training Part 2	TTXX	£161.00	
<input type="checkbox"/>	Resource Materials (required)	PAIF0018	£29.99	

COURSE MATERIALS

All resource materials for STOTT PILATES courses and Intelligent Fitness modules are compulsory as they are an integral part of the training. Prices shown here include a 25% discount from standard list prices. Advanced-level materials for STOTT PILATES courses may also be purchased and are shown here at a discounted rate of 10%. All prices are inclusive of VAT where applicable.

DELIVERY OF COURSE MATERIALS

It is recommended that you familiarise yourself with the course/resource materials prior to starting the course. If you would like your course/resource materials delivered to you please complete this section. Alternatively, you can collect them on the first day of the course/module from the instructor taking the session.

Delivery required UK Mainland £8.00 (inc VAT)

Delivery not required

NOTE: For single items and outside UK mainland, please call for postage fees.

CANCELLATION POLICY

All registration and course/module fees are due in full one calendar month prior to course start date.

Students will not be admitted to class if payment has not been received and places will be allocated to people on waiting lists.

Deposits and course fees paid for all courses, module, workshops and exams are non-refundable and non-transferable. Subject to availability, a course, module, workshop or exam date may be altered to a new date provided that there is a minimum of one calendar month notice – an administration fee of £20.00 + VAT will be charged for each course/module, workshop or examination date that is altered.

Within a calendar month of a course, module or workshop date where courses/modules, exams and workshops have been paid in full refunds for cancellation will not be given under any circumstances. We advise students to contact their insurance broker to arrange suitable insurance cover for the financial loss in the event of you cancelling your booking outside of our policy terms for refunds/transfers.

COURSES PAYMENT METHOD

All applications for STOTT PILATES courses must be accompanied by two letters of reference and a deposit of £287.50 (inc VAT) per course (non-refundable/non-transferable). This deposit fee will be held as payment for the exam, which must be taken within 6 months of the end of the course*. Full course/module payment is required one calendar month before the course/module start date. If applying within the last calendar month applicants must pay both the course/module fee and the examination fee (where applicable) in full.

A place will only be allocated upon receipt of application materials and deposit. Cheques payable to **Pilates Solutions Ltd.**

Deposit only Full payment MasterCard VISA Switch Cheque** Cash

Card number Exp Issue number (switch only) Security Code (CV2)

Name on card

Signature

TOTAL AMOUNT :

*For Intelligent Fitness Modules, your application must include a deposit payment of £161.00 (inc VAT) per module (non-refundable/non-transferable).

Please make cheques payable to **Pilates Solutions Ltd.

CUSTOMER DECLARATION

I have read and understood the relevant course/module/workshop objectives, prerequisites and cancellation policy prior to completing this application form. The information I have supplied on this form and any additional sheets is accurate to the best of my knowledge and by signing the confirmation below I agree to abide by the conditions of the course administrators, Pilates Solutions Ltd.

Signature..... Date.....

CONTACT INFORMATION

Please send application form, together with payment and two letters of reference to:

Active Training:

c/o Pilates Solutions Ltd.
PO Box 433
Witney
Oxfordshire
OX28 9FA

Telephone: 0800 434 6110
Fax: 0870 0116531
Email: info@activetraining.info