



Challenge your clients on the Cadillac, Stability Chair & Barrels!

Elements in Motion™ presents the STOTT PILATES® Advanced Cadillac, Chair & Barrels in 3 modules at our hosting facility, Oak Brook Racquet & Fitness Club.

Elements in Motion is the only STOTT PILATES® LICENSED TRAINING CENTER in the Chicagoland area. We offer STOTT PILATES® courses and continuing education workshops. These courses and workshops are a great way for you as a health/fitness professional to expand your knowledge, skills, and earn CEC's.

**Location: Oak Brook Racquet and Fitness Club,
650 Westmont Drive, Westmont, IL 60559**

Course Name	Date	Time	Staff Price	Non- Staff Price
Advanced Cadillac (ACAD)	Feb 19	11-5:30	\$300	\$300
Advanced Stability Chair (ACHR)	Feb 20	11-2	\$175	\$175
Advanced Barrels (ABRL)	Feb 20	2:30-5:30	\$175	\$175
ACCB—all 3 courses paid in full in one transaction	-----	-----	\$600	\$650

**Course materials are not included.*

Required Materials: Advanced Cadillac DVD & Advanced Stability Chair DVD

To order, call STOTT PILATES at 800-910-0001 or visit www.elementsinmotion.com

Course Description:

Modules can be taken together or separately. Completion of all three modules below is required to be eligible for certification.

- **ACAD**
 - ACAD prepares you to teach 28 Advanced level exercises plus modifications using the Cadillac for the highly conditioned client.
- **ACHR**
 - ACHR provides you with 14 Advanced level exercises plus modifications using the Stability Chair for the highly conditioned client.
- **ABRL**
 - ABRL equips you with 14 Advanced level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

Prerequisite: ICCB or ICAD + ICHR + IBRL or CCCB

Exam: Exam fee is not included in course fee.

Advanced registration is required. To register, email Robin, Education Coordinator at education@elementsinmotion.com to receive a registration form or call 773.681.4846. Form and payment is due no later than February 9