

STOTT PILATES® Mat Instructor Training At Recharged Pilates — Fall 2026

Hosted by Equilibrium Studio · East Lansing, MI

We are excited to welcome Equilibrium Studio, a STOTT PILATES® training center and studio based in Bloomfield Hills, MI, to the East Lansing area! Equilibrium Studio has been training the next generation of instructors for 26 years and their graduates are working around the globe.

STOTT PILATES® is the contemporary approach to the original Pilates method based on modern principles of exercise science and rehabilitation. The STOTT PILATES® education method is unparalleled in the industry for its thoroughness and quality and is often called the “Ivy League” of Pilates education. It is a method you can build a career on. Equilibrium Education graduates are highly regarded and in demand.

Until now, instructors based in the mid-Michigan area traveled to Bloomfield Hills to complete training at Equilibrium Studio. Now, aspiring instructors can complete Intensive Matwork Plus (2nd Edition) training close to home, at Recharged Pilates in East Lansing!

About Intensive Mat Plus (2nd Edition)

The course presents how to teach the Essential and Intermediate STOTT PILATES® Matwork repertoire safely and effectively to a range of clients in both private and group settings. It will introduce the STOTT PILATES® Movement System™, which provides a framework to creating intelligent and mindful exercise and serves as the foundation for tailored exercise programming.

The approach is based on the STOTT PILATES® Principles which incorporate recognized movement patterns and qualities and integrate the fascial system. The course presents each exercise and modification in depth so appropriate programming, effective cueing and clear corrections can be made for each client.

Official course details: <https://www.merrithew.com/instructor-training/stott-pilates/courses/intensive-program?second-edition#imp>

General Course Objectives

- The What, How and Why of the STOTT PILATES® Principles and how to apply them to all exercises
- A complete breakdown, including goals, muscular emphasis, and movement sequencing of the 63 Essential and Intermediate Matwork exercises
- Modifications to address specific alignment issues and individual needs
- Static Postural Analysis and assessment to aid in program creation
- Exercise layering related to effective program design
- Workout composition for personal and group training
- Effective communication, observational skills, verbal cues and imagery for performance enhancement and client motivation

Requirements of Certification

- 40 hours of required in-person instruction and supervised teaching
- Minimum of 10 hours of observation
- Minimum of 30 hours of physical review
- Minimum of 15 hours of practice teaching
- Total: 95 hours

At Recharged Pilates — Dates & Times

The required in-person training portion of this course will be held at Recharged Pilates on the following dates/times:

- September 18 · 3:30–9:00 PM
- September 19 · 12:00–5:30 PM
- October 23 · 3:30–9:00 PM
- October 24 · 12:00–5:30 PM
- November 6 · 3:30–9:00 PM
- November 7 · 12:00–5:30 PM
- November 21 · 3:30–9:00 PM
- November 22 · 12:00–5:30 PM

Pricing

The cost for the course will be made in four payments of \$499.00. The first payment is due at the time of enrollment as a deposit. Save \$150.00 on the deposit by enrolling on or by August 20, 2026. The remaining three payments are due on the 15th day of the month: September, October, and November. The following studio time and required support materials are included in the cost:

Studio Time Included

- 40 hours of required in-person instruction and supervised teaching at Recharged Pilates
- 12 mat class per month membership September 15 through December 15 to Recharged Pilates (\$192/month value)
- Open studio time September through November to practice with other trainees (dates and times TBD)

Required Support Materials Included

- STOTT PILATES® Comprehensive Matwork Manual (\$79.00 value)
- STOTT PILATES® Support Material Book (\$34.00 value)
- Trail Guide to the Body Flashcards by Andrew Biel (\$26.95 value)

Not Included — Required Separately

- STOTT PILATES® Intensive Mat Plus Course Digital Videos (\$121.00) — purchased direct from Merrithew
- Basic Anatomy for Pilates Instructors by Holly Furgason Digital Course (\$79.99) — purchased from Udemy; or equivalent anatomy course/experience

After Taking the Course

Following the course and completion of the minimum observation, physical review and practice teaching hours, you will have the opportunity to schedule a Matwork certification exam through Equilibrium. This is a two-part exam taken at Equilibrium Studio in Bloomfield Hills — the first part being a practical exam and the second part being an anatomy focused written exam. More detail on the exam contents and study tips are provided in the training course. Scheduling and pricing for the exam is coordinated with Equilibrium Studio.

Additional exam information: <https://www.equilibriumstudio.com/teacher-training/exams/>

Alternatively, you could continue onto Intensive Reformer training prior to completing the certification exam.

Next Steps

Email Recharged Pilates at team@rechargedpilates.com if you are interested in completing an enrollment application, or scheduling a phone call to discuss your personal goals and ensure this program will be the right fit for you. Following submission of the enrollment application, a link to submit the deposit payment will be provided, along with required registration paperwork. The deposit payment is required to hold your spot in the course and is non-refundable unless the course is canceled by Recharged Pilates or Equilibrium Studio.

*Spots for this course are limited to 12 participants.

****A minimum of seven participants is required for this course to run. If less than seven participants are enrolled by August 28, 2026, the course will be canceled and deposits refunded.**

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