



PHI PILATES 2010 CATALOG



www.phipilates.com

1-877-716-4879

PHI Pilates Company Vision



Christine Romani-Ruby, PT, MPT, ATC founded PHI Pilates in 1999 in an effort to make Pilates education accessible and affordable to fitness and rehabilitation professionals. With more than 25 years of fitness experience and 17 years of rehabilitation experience, Christine has developed a program that brings a scientific, yet user friendly perspective to the methods of Joseph H. Pilates.

Originally named PowerHouse Pilates, PHI Pilates was the first to bring Pilates education in-house and cater the training to the needs of the facility. Now, PHI offers the most complete and comprehensive training program that includes both written and practical exams. Developing and presenting innovative Pilates workouts for today's Pilates enthusiast while still honoring the traditional works of Joseph Pilates and the most recent research on Pilates is one of the company's main goals. PHI Pilates prides itself in offering training courses that focus on producing a teacher who is attentive to proper alignment and appropriate exercise selection, and who is able to demonstrate a variety of modifications and progressions. In addition, the importance of programming and marketing, and guidance on the business side of Pilates is a component of each course.

As an active leader in both fitness and rehabilitation, Chrissy has brought together a large group of knowledgeable and approachable master teachers. Each of these master teachers brings their own personal experience and expertise that can be matched with your facility to create just the right focus for your Pilates course.

Whether your focus is fitness, rehabilitation, or a combination of both we have the teacher and the program for you.

**Bridge Programs and In-House
Trainings to Fit Your Special Needs...
Plan your training now with one of
our consultants.
Call us at...
1-877-716-4879**



PHI Pilates offers open and closed trainings throughout the US and abroad. Come to one of our scheduled trainings, or plan a training of your own at your own facility. Our course formats are flexible and we will work with your special needs to provide your staff with the education they need. Our courses are BOC, ACE and PMA approved and we will assist you in applying for other credentials as needed by your staff.

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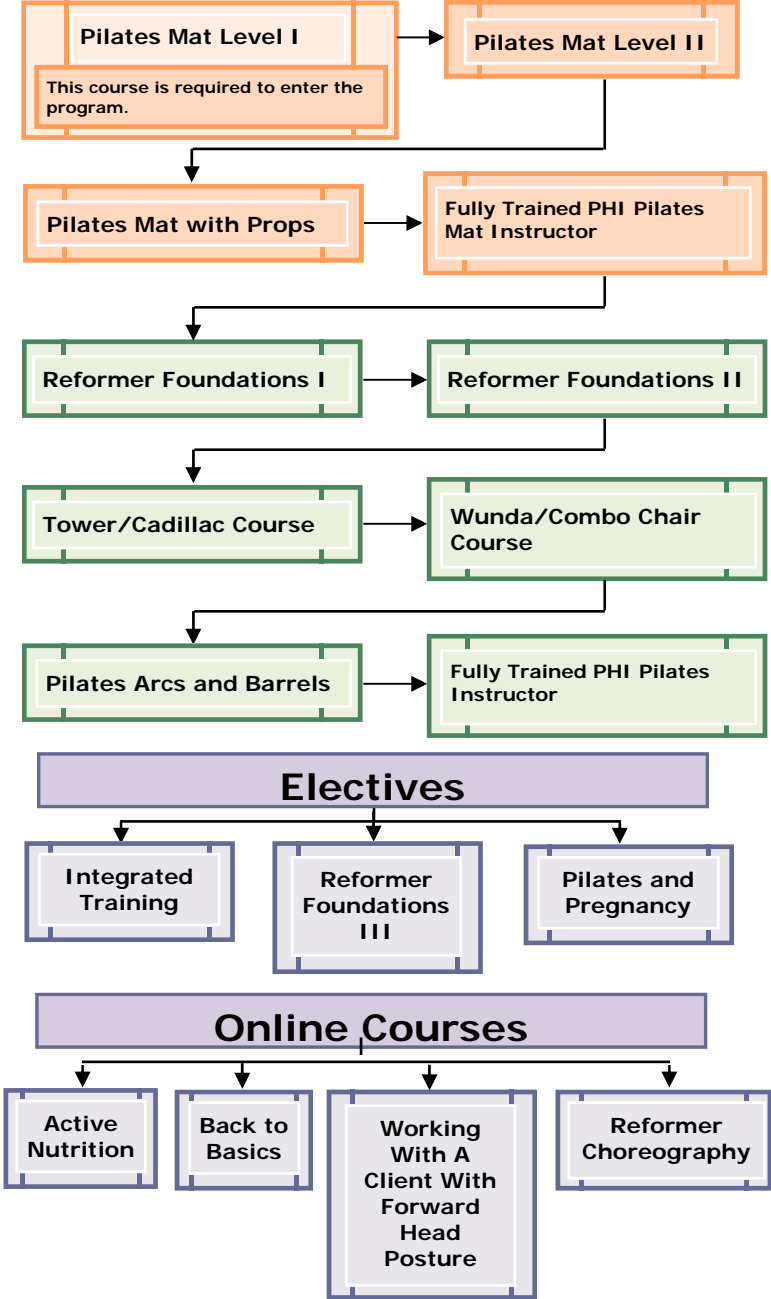
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PHI Pilates Training Curriculum



WORKSHOPS

Pilates Mat Level I

This 20-hour course includes 3 online modules and a 2-day practical workshop. This course is the first step to prepare the instructor to teach the original Mat exercises developed by Joseph H. Pilates. Participants will learn how to properly align the body in any body position and will leave with an understanding of how and when to modify or progress the exercises for the general population. This course includes a practical exam and an online written exam. This is the first course required for all PHI Pilates trainings.

Pre-Requisite: College Level

Anatomy or Fitness
Certification

Required Textbook: PHI Pilates
Mat Manual

CEU's: ACE-1.3, BOC-12.0, PHI
and PMA-12.0

Price: \$475.00

Product Code: 2080PTC

Type: Live Training

Pilates Mat Level II

This 10-hour course includes 3 online modules and a 1-day practical workshop. Pilates Mat Level II will lay the foundation for critical thinking for the Mat Pilates instructor. Less emphasis is placed on the performance of advanced level exercises and more emphasis is placed on preparing the instructor to handle the challenging participant. Learn to develop a program that will meet client goals, adjust to special needs, mix advanced and beginner students, and some new advanced exercises. This course includes an online written exam through PHI Pilates.

Pre-Requisite: Pilates Mat Level I

Required Textbook: PHI Pilates
Mat Manual

CEU's: ACE-0.8, BOC-6.0, PHI
and PMA-6.0

Price: \$350.00

Product Code: 3000PTC

Type: Live Training

WORKSHOPS

Pilates Mat with Props

This 7-hour course teaches choreography to simulate Pilates exercises using the ring and foam roller. These exercises are designed for group Mat work, personal training, or rehabilitation and will provide many creative ideas for modification and progression of traditional Mat exercises.

Pre-Requisite: Pilates Mat Level I

Required Textbook: PHI Pilates Using Small Props for Big Results

CEU's: ACE-0.7, BOC-6.0, PHI and PMA-6.0

Price: \$350.00

Product Code: 1020PTC

Type: Live Training



Reformer Foundations I

The basic foundations of teaching on the Reformer apparatus are introduced as well as proper use and maintenance of the equipment in this 14-hour practical workshop. Participants will learn to use the moving carriage to teach proper movement patterns and progress or modify a client's exercise program. After completing this course, the instructor will be able to create basic group Reformer classes. This course includes a practical exam and is a required course in the curriculum progressing to full Pilates training through PHI Pilates.

Pre-Requisite: Pilates Mat Level I

Required Textbook: PHI Pilates Reformer Manual

CEU's: ACE-1.3, BOC-12.0, PHI and PMA-6.0

Price: \$699.00

Product Code: 1040PTC

Type: Live Training

WORKSHOPS

Reformer Foundations II

This 14-hour practical workshop will prepare the Pilates instructor to teach more advanced Reformer classes and personal training sessions on the Reformer. A discussion on developing client goals based on posture is included as well as more advanced Reformer choreography. This course includes a practical exam. Reformer Foundations II is a required course in the curriculum toward full Pilates training through PHI Pilates.

Pre-Requisite: Pilates Mat Level I & Reformer Foundations I
Required Textbook: PHI Pilates Reformer Manual
CEU's: ACE-1.0, BOC-12.0, PHI and PMA-12.0

Price: \$699.00
Product Code: 1060PTC
Type: Live Training

Tower/Cadillac Course

In this 8-hour practical workshop, choreography for the Tower/Cadillac is presented for either group exercise or personal training. Students will learn the original repertoire, exercise modifications and progressions, and new innovative combinations. This course is a requirement for full training with PHI Pilates.

Pre-Requisite: Pilates Mat Level I
Required Textbook: PHI Pilates Tower Manual
CEU's: ACE-0.7, BOC-6.0, PHI and PMA-6.0

Price: \$399.00
Product Code: 1080PTC
Type: Live Training



WORKSHOPS

Wunda/Combo Chair Course

In this 8-hour practical session, students will learn the original Chair exercises of Joseph H. Pilates and methods for modification and progression. These exercises can be combined for either a group exercise class or a personal training session. This course serves as a requirement for full training through PHI Pilates.

Pre-Requisite: Pilates Mat Level I
CEU's: ACE-1.3, BOC-6.0, PHI and PMA-6.0

Price: \$399.00
Product Code: 2000PTC
Type: Live Training



Pilates Arcs & Barrels

This 8-hour course will enhance your Pilates skills by teaching the use of the Baby Arc and Spine Corrector (Low Barrel). Explore the versatility of these two unique pieces and their ability to enhance a private training or build an innovative group class. Leave with new choreography that will build core strength and hip and spine mobility.

Pre-Requisite: Pilates Mat Level I
Required Textbook: PHI Pilates Using Small Props for Big Results
CEU's: ACE-0.7, BOC-6.0, PHI and PMA-6.0

Price: 399.00
Product Code: 2040PTC
Type: Live Training

WORKSHOPS

Intensive Training Programs Week One Intensive

This program consists of 6-days of intensive study with PHI Master Teachers. Each day includes 7-hours of instruction, a total of 42-hours, and the courses included are Pilates Mat Level I, Reformer Foundations I and Reformer Foundations II. This program in conjunction with Week Two Intensive will provide the tools to prepare you to complete the Pilates Method Alliance Certification Exam and become a certified Pilates Instructor. This program includes online and live lecture, lab instruction and demonstration, practical evaluation and written online testing. This program includes the course manuals: "The Pilates Matwork" and "The Pilates Reformer" for free as well as a significant tuition discount, as compared to taking the courses separately. Condense your time away from home and your travel expenses by taking advantage of this intensive opportunity.

Pre-Requisites and CEU's for this program are the same as listed for each individual course.

Price: \$1,800.00

Product Code: 4010m1r1r2

Type: Live Training

Intensive Training Programs Week Two Intensive

This program consists of 5-days of intensive study with PHI Master Teachers. Each day includes 7-hours of instruction, a total of 35-hours, and the courses included are Pilates Mat Level II, Pilates Mat with Props, Tower/Cadillac, Wunda/Combo Chair and Pilates Arcs & Barrel. This program in conjunction with Week One Intensive will provide the tools to prepare you to complete the Pilates Method Alliance Certification Exam and become a certified Pilates Instructor. This program includes online and live lecture, lab instruction and demonstration, practical evaluation, and written online testing. This program includes the course manuals, "Tower/Cadillac", "Wunda/Combo Chair", and "Pilates: Using Small Props for Big Results" for free as well as a significant tuition discount, as compared to taking the courses individually. Condense your time away from home and your travel expenses by taking advantage of this intensive opportunity.

Pre-Requisites and CEU's for this program are the same as listed for each individual course.

Price: \$1,800.00

Product Code: 4020m2pcbt

Type: Live Training

****PURCHASE BOTH INTENSIVE WORKSHOPS TOGETHER FOR ONE PRICE--\$3,500.00****

WORKSHOPS

Rehabilitation

***Pilates Mat for Rehabilitation
Level I (For Licensed
Professionals Only)***

This 7-hour practical course introduces the Pilates Mat repertoire for a method of therapeutic exercise and evaluation for rehabilitation. The six Pilates principles are introduced and the foundation for the Mat work is established. A system of evaluation is presented and several case studies are reviewed as potential protocols. Participants will leave with unlimited combinations of exercises for therapy and home programs that require equipment.

Pre-Requisites: This course is specifically for Licensed professionals.
Required Textbook: PHI Pilates Mat Manual
CEU's: Pending PPTA

Price: \$475.00
Product Code: 3050PTC
Type: Live Training

***Pilates Mat for Rehabilitation
Level II (For Licensed
Professionals Only)***

This 7-hour practical course is the next step after Pilates Mat for Rehabilitation I and expands on the exercises presented. The Pilates use of the Pilates Ring and six-inch Foam Roller are introduced as tools for teaching balanced movement and adding challenge. The focus of this course is on specific patient conditions and selecting specific Pilates Mat exercises to address movement dysfunction. Additional Pilates research will be presented specific to conditions discussed.

Pre-Requisites: This course is specifically for licensed professionals who have already completed Pilates Mat for Rehabilitation I.
Required Textbook: PHI Pilates Mat Manual & PHI Pilates Using Small Props for Big Results

WORKSHOPS

Elective Courses

Reformer Foundations III

This 14-hour practical course presents creative and effective choreography that will add new life to your classes and privates. Exercises range from sport-specific to rehabilitative. We will explore the core, the shoulder girdle, the hip, the foot and the knee with exercises to enhance posture and promote healthy movement patterns while making your classes more interesting and challenging.

Pre-Requisite: Reformer Foundations I & Reformer Foundations II

Required Material: Hand Outs Included

CEU's: ACE-1.2, BOC-12.0, PHI, and PMA-12.0

Price: 699.00

Product Code: 3020PTC

Type: Live Training

Pilates and Pregnancy

This 1-day course discusses Pilates as an effective method of exercise for the pre-and post-natal client. Precautions, contraindications and prescriptive exercises both on the Mat and on the equipment will be presented. This course will prepare you to confidently lead healthy pre-and post-natal clients in a safe and effective Pilates program.

Pre-Requisites: This course is most effective for the experienced Pilates professional who has formal training in at least the Mat repertoire.

Required Material: Pregnancy DVD

CEU's: BOC 7.0 and PHI

Price: \$295.00

Product Code: 2020PTC

Type: Live Training

Required Add-On: PHI Pilates for Pregnancy and Beyond DVD

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WORKSHOPS

Integrated Training

This 8-hour practical workshop introduces the Pilates instructor to the most innovative technique in Pilates exercise created by PHI Pilates founder Chrissy Ruby, PT, MPT, ATC. Students learn choreography that combines the Tower with the moving Reformer carriage providing a challenging workout for experienced Pilates teachers and clients. This course serves as an elective with PHI Pilates.

Pre-Requisite: Pilates Mat Level I & Reformer Foundations I
Required Textbook: PHI Integrated Training Manual
CEU's: ACE-0.8, BOC-6.0, PHI and PMA-6.0

Price: \$399.00

Product Code: 1000PTC

Type: Live Training



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ONLINE COURSES

Active Nutrition Training Course

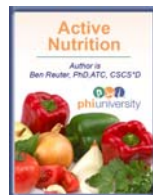
This online course will provide the fitness professional with a basic overview on nutrition for the active individual. There are eight narrated presentations on the key components of nutrition, a voluntary activity and a quiz. There are also PDF files of the slides for each presentation. The information in this course is not meant to supersede consultation with a Registered Dietician (RD), but rather to provide health and fitness professionals with the basics of nutrition for the active individual.

CEU's: BOC 3.0 and PHI

Price: \$60.00

Product Code: PHI002

Type: Online Training



Back To Basics Course

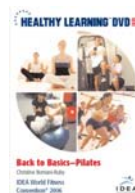
Focus on your teaching skills with this 8-module online course by Chrissy Ruby. The course comes with a complete film of the 105-minute workshop on DVD and includes online handouts and quizzes. Learn how to effectively cue the Pilates Mat work and how and when to modify or progress an exercise. This course will set you apart from other teachers and give you the skills to challenge even the most advanced participant.

CEU's: BOC-3.0, PHI and PMA-3.0

Price: \$90.00

Product Code: PHI001

Type: Online Training



ONLINE COURSES

Working With A Client With the Forward Head Posture

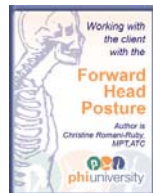
In this online course, Chrissy Ruby discusses the muscle imbalances that create and feed the forward head posture in a narrated power point lecture. There is a handout for you to print to view with the narration. Then the camera follows Chrissy to her studio/clinic in Pittsburgh where she treats one of her clients using the Pilates reformer, pedipole, Cadillac, chair, mat, and ring. The course includes an online quiz and if you get 70%, you are able to print a certificate of completion. You get three attempts on the quiz.

CEU's: BOC-3.0, PHI and PMA 3.0

Price: \$95.00

Product Code: FHP101

Type: Online Training



Reformer Choreography

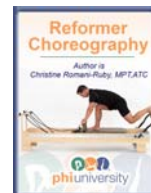
This 2-hour workshop focuses on new choreography for your reformer group classes or privates. If things are getting a bit stale, this will be sure to freshen it up! Chrissy Ruby presents new twists on old exercises as well as brand new creations that will liven up your classes adding challenge and interest.

CEU's: BOC-3.0, PHI and PMA 3.0

Price: \$75.00

Product Code: BMS28

Type: Online Training



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EDUCATIONAL RESOURCES



PHI® Pilates Mat Work—A Fitness & Rehabilitation Manual

By Christine Romani-Ruby PT, MPT, ATC. This manual guides the instructor through beginner to advanced exercises. Each mat exercise is written in easy to understand language and describes modifications, progressions and variations for 32 exercises.

Price: \$35.00 Order #: 2020LIT

Type: Instructional Books

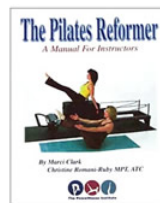


PHI® Pilates Using Small Props for Big Results Manual

By Christine Romani-Ruby PT, MPT, ATC. Describes 59 Pilates exercises using the 6 inch Foam Roller, the Pilates Ring, the Spine Corrector and the Baby Arc. The first chapters build the context for using the exercises for private,

Price: \$19.95 Order #: 2050LIT

Type: Instructional Books



PHI® Pilates Reformer Manual

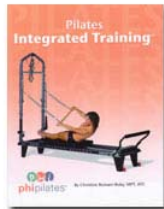
By Christine Romani-Ruby, PT, MPT, ATC. This manual guides the instructor through beginner to advanced exercises. Each reformer exercise is written in easy to understand language by category and the benefits of the exercise. Proper set up and alignment are a focal point with an emphasis on cueing and breathing.

Price: \$35.00 Order #: 2010LIT

Type: Instructional Books

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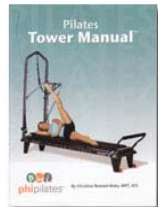


PHI® Pilates Integrated Training Manual

By Christine Romani-Ruby PT, MPT, ATC. This 50 page manual provides instruction and digital photos of the innovative integrated Pilates exercises developed by Chrissy Ruby. These exercises are performed on the reformer half trap with the reformer carriage in motion. Integrated training is a new and exciting challenge that will liven up any group tower class or private training session.

Price: \$25.00 Order #: 2030LIT

Type: Instructional Books



PHI® Pilates Tower Manual

By Christine Romani-Ruby, PT, MPT, ATC. This 70 page manual with digital photos provides detailed instructions for over 35 exercises that can be performed on the Cadillac, the tower, or the half trapeze. Exercise benefits, set up, movement variations and cueing are presented in detail. This manual is a must for every Pilates instructor or home workout program.

Price: \$25.00 Order #: 2040LIT

Type: Instructional Books



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PHI® Pilates Foam Roller Workout DVD

By Christine Romani-Ruby PT, MPT, ATC. This 40 minute workout created by Chrissy Ruby guarantees a challenge and some unique choreography that will enhance your Pilates mat workout. Use the foam roller to simulate the Pilates equipment with 22 innovative exercises. At times it will deepen the stretch and at other times it will help you turn on your core. This workout is sure to give you a great workout while teaching you new creative exercises for future use. Ideal for group Pilates classes or sport specific training.

- Challenge balance and core stability
- Increase flexibility
- Enhance performance
- Build an exciting and challenging new workout

Price: \$29.95 Order #: 2050DVD

Type: Instructional DVD



PHI® Pilates Integrated Training Powered by Slastix®

By Christine Romani-Ruby, PT, MPT, ATC. This 40 minute workout created by Chrissy Ruby delivers full body results including core strengthening and aerobic conditioning with the flexibility and focus of Pilates. From jumping to boxing, you will use the moving carriage of the reformer combined with the tension of Slastix® on the tower to create an unlimited combination of exercises. This workout will keep you literally hanging on for more. Thirty-three new exercises are presented. Ideal for personal training or group Pilates classes or sport specific training.

Price: \$29.95 Order #: 2060DVD

Type: Instructional DVD

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PHI® Pilates Reformer Reformation DVD

By Christine Romani-Ruby PT, MPT, ATC. This DVD redesigns the traditional reformer workout by combining it with some new creative choreography. Experience a fun flowing workout that fits the music and is guaranteed to motivate your clients. Once you have learned the technique, you will be on your way to redefining your reformer workout, while building new combinations of your own.

- Learn exciting new reformer choreography
- Workout to the music Increase core strength and flexibility
- Motivate yourself and your clients by building a routine

Price: \$29.95 Order #: 2070DVD

Type: Instructional DVD



PHI® Pilates Tower/Cadillac Workout DVD

By Christine Romani-Ruby, PT, MPT, ATC.

In this DVD, Chrissy Ruby leads you in a workout on the Pilates tower including over 30 challenging exercises using the roll down bar, the push through bar and the leg springs. She discusses the benefits of the program and provides expert cueing for proper execution of each exercise.

- Learn expert cues to facilitate tower and Cadillac classes and privates
- Experience over 30 tower/Cadillac exercises
- Develop skills to help your clients and yourself improve posture and decrease musculoskeletal pain.

Price: \$29.95 Order #: 2080DVD

Type: Instructional DVD

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PHI® Pilates for Pregnancy & Beyond DVD

By Christine Romani-Ruby PT, MPT, ATC. This DVD combines 90 minutes of presentation on movements and principles that apply to personal training a pre/post natal client on the Pilates equipment and a 45-minute mat workout with modifications and adaptations for safely stretching and strengthening the pregnant body. Includes the reformer, Cadillac, Chair, Mat, and C-shaper.

Price: \$39.95 Order #: 2100DVD

Type: Instructional DVD



PHI Pilates Integrated Workout DVD

By Christine Romani-Ruby PT, MPT, ATC. The Integrated Workout brings a fresh new perspective to Pilates on the Allegro Tower. Instead of using the Tower and Reformer separately, this innovative program combines the two. You'll use the tower bars and springs to work the major muscle groups, while controlling the moving carriage with your core. You'll learn 22 exercises, plus variations, to develop strength, flexibility, coordination and balance. It's a unique, fun and challenging workout that can be performed on any Reformer/Trapeze combination equipment.

Workout time: 40 minutes

Price: \$29.95 Order #: 2120DVD

Type: Instructional DVD



PHI® Pilates Mat for the Athlete DVD

By Christine Romani-Ruby, PT, MPT, ATC. If you are looking for a more aggressive workout that incorporates the principles of Pilates and demonstrates some of the original works of Joseph Pilates, this dynamic new video is for you! This workout was designed with not only the athlete, but also the advanced level participant in mind. Exercises presented in this workout flow more quickly into one another with vigorous transitions that provide just as much challenge as the work itself. DVD length – 40 minutes

Price: \$24.95

Order #: 2010DVD

Type: Instructional DVD

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PHI® Pilates Mat Program DVD

By Christine Romani-Ruby PT, MPT, ATC

In this video you will learn the original exercises created by Joseph Pilates. This video includes a 45 minute workout that you can follow along to practice the mat exercises. After the workout there is a follow up where we explain proper alignment in each different body position.

DVD Length: 60 Minutes

Price: \$24.95 Order #: 2100DVD

Type: Instructional DVD



PHI® Pilates Reformer Foundations I DVD

By Christine Romani-Ruby, PT, MPT, ATC. In this

video you will learn the basic movements and principals of PHI Pilates Reformer I course. In the 40 minute introductory workout you will be able to practice core control, correct breathing and proper alignment. After the workout there is a set-up, safety and alignment segment where you will learn the correct number of springs to be used and how to align a client on the Reformer.

DVD Length: 53 minutes

Price: \$24.95 Order #: 2300DVD

Type: Instructional DVD



PHI® Pilates Reformer Foundations II DVD

By Christine Romani-Ruby PT, MPT, ATC.

Reformer Foundations II builds on the repertoire of exercises from Foundations I by adding more complex variations. This 40-minute workout includes challenging upper and lower body exercises combined with plenty of training for your core. After the workout there is a set-up, safety and alignment segment where you will learn proper body alignment.

DVD Length: 60 minutes.

Price: \$24.95 Order #: 2220DVD

Type: Instructional DVD

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PHI® Pilates On The Ring DVD

By Christine Romani-Ruby, PT, MPT, ATC. This DVD was created for fitness instructors to learn how to use the small apparatus in a group exercise setting. In this 45-minute video you will learn how to apply the Pilates exercises and principles to the ring. The ring is used for resistance and assistance on various exercises. The instructor guides you through a group class where cueing techniques and modifications are demonstrated. The video is perfect for the fitness instructor or anyone wishing to change their existing Pilates program.

Price: \$29.95 Order #: 2180DVD

Type: Instructional DVD



PHI® Pilates Introductory Set DVD

By Christine Romani-Ruby, PT, MPT, ATC. Introductory set consisting of Pilates Mat Exercise, Reformer Foundations I and Reformer Foundations II.



DVD Length—Mat Exercise: 60 minutes

DVD Length—Reformer Foundations I: 53 minutes

DVD Length—Reformer Foundations II: 60 minutes



Price: \$59.95 Order #: 2310DVD

Type: Instructional DVD



PHI® Pilates BeBalanced® Mini Beam Workout DVD

By Christine Romani-Ruby PT, MPT, ATC. This 40 minute workout creates a strong core and improved balance. Chrissy uses the Airex® Minibeam to increase the challenge of 27 Pilates exercises. This simple tool will re-invent your Pilates workout one exercise at a time.

Price: \$29.95 Order #: 2020DVD

Type: Instructional DVD



Airex Mini Beam Set

Light a fire under your Pilates mat work out with the Airex minibeam. This package includes 2 Airex minibeams and the minibeam workout with Chrissy Ruby on DVD. This 45 minute workout guarantees a challenging core and lower extremity routine that will enhance balance. The minibeam is a wonderful alternative to exercises generally performed supine on the foam roller for those with osteoporosis or with sensitive spines. The standing balance work in this program is beneficial to older adults working to prevent falls. If you are looking for new choreography, this is the DVD for you.

Price: \$69.95 Order #: 2010DVD

Type: Instructional DVD

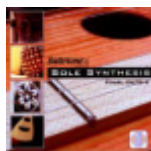


Pilates Music-Ajani Volume 2

Deepen your connection to spirit and self. Fusing subtle and evocative rhythms, ambient color changes and flowing melodies, this CD is both soothing and energizing. For teaching flow classes or for personal practice.

Price: \$22.95 Order #: 1100mcd

Type: Music CD



Balletone-Sole Synthesis Music

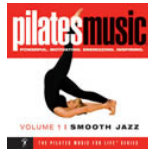
The Final Cuts CD series is known for its exotic blend of sounds that transport you into an aurally fulfilling realm. These especially produced tracks combine a tantalizing blend of ecstatic chant, upbeat rhythm and tribal drums, melting the boundaries between ancient and modern music.

Price: \$22.95 Order #: 1200mcd

Type: Music CD

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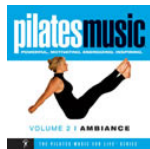


Pilates Music-Jazz

The SMOOTH JAZZ Album is just what it says. Smooth, cool jazz with a very commercial sound. Each track stands alone as a potential single offering melodies to enjoy and motivate you no matter what you are doing.

Price: \$9.99 Order #: 1400mcd

Type: Music CD

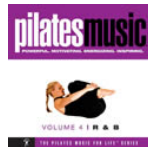


Pilates Music-Ambiance

The AMBIANCE album is a collection of exciting and soothing music to play while exercising or relaxing. It is invigorating while de-stressing. The tempo is steady offering a pleasurable listening experience.

Price: \$9.99 Order #: 1000mcd

Type: Music CD



Pilates Music-Soul

The SOUL Album is all about the mind, body, and soul offering a very hip R&B commercial sound. The music is powerfully inspiring, and sexy. It's guaranteed to move you.

Price: \$9.99 Order #: 1310mcd

Type: Music CD



Pilates Music-Pop Classical

The POP CLASSICAL Album is an exciting up-tempo musical compilation. The tracks combine pop and classical sounds offering a steady rhythmic beat.

Price: \$9.99 Order #: 1500mcd

Type: Music CD

www.phipilates.com

1-877-716-4879



Airex Mini Beams

This foam beam is perfect for balance work or you can line them up and lay on them like a foam roller. This is a wonderful option for those with osteoporosis or sensitive spines. We recommend two for each participant. If you are looking for choreography check out our Airex Minibeam DVD.

Price: \$20.00 Order #: 1000PTE

Type: Training Equipment

Price: \$120.00/8 Pack Order #: 1020PTE

Type: Training Equipment



PHI® Pilates "Duckies" Set of 8

This small foam wedge, created by Chrissy Ruby is used to assist a client in finding and maintaining a neutral pelvic position. Pilates instructors say that the "duckie" works like magic, providing proprioceptive feedback so that your client can learn where neutral position is and how to maintain it.

Price: \$10.00 Order #: 1080PTE

Type: Training Equipment



Airex Mini Mat

Now a mini mat in the ultimate durable Airex mat! Use this for kneeling, padding, adding grip, lifting heads and supporting wrists. Unlimited possibilities and a solution to positioning problems. Just like all other Airex products this one is durable and will hold up for years. Has a convenient handle for hanging. Available in Green. Only available at PHI.

Price: \$7.50 Order #: mm001

Type: Training Equipment

www.phipilates.com

1-877-716-4879



**PHI® Pilates Integrated Training Slastix®
Kit By Christine Romani-Ruby, PT, MPT, ATC.**

If you're interested in Integrated Training, this is the complete kit including the instructional DVD with a 45 minute workout, the 6 slastix set (2 blue, 2 red, 2 yellow @ 30 inches each in length), the music for the program, all in the PHI Integrated Training backpack. This innovative program uses Slastix® to provide resistance for a unique and challenging workout on the Reformer/Tower combination equipment. This DVD will show you how to use the Slastix® to create jumping and boxing combinations that will provide a cardiovascular workout. It also includes activities that will use the moving Reformer carriage in combination with the Tower to individualize the extremities and add eccentric challenge to the exercises. This is the perfect progression for group equipment classes or personal training sessions that need some new choreography and challenge. Add music to make it fun and pick up the tempo for cardio work!

Price: \$179.99

Order#: 2030DVD

Type: Instructional DVD



Slastix™ Tubing Set

Integrated Training™ Slastix™ are available in 30 inch length and three resistances light (yellow), medium(blue), and heavy(red) for \$30 each or in a set of 6 (2 yellow, 2 blue, and 2 red) for \$150. Special orders for specific lengths may be ordered directly by calling 1-877-716-4879. *Additional charges and delivery time may apply for special orders.

Price: \$150.00 Order #: 2000PTE

Type: Training Equipment

www.phipilates.com

1-877-716-4879



**Slastix™ Resistance Tubing—Yellow (Light)
Single Slastix**

Price: \$30.00 Order #: 2001PTE
Type: Training Equipment



**Slastix™ Resistance Tubing—Red (Medium)
Single Slastix**

Price: \$30.00 Order #: 2002PTE
Type: Training Equipment



**Slastix™ Resistance Tubing—Blue (Heavy)
Single Slastix**

Price: \$30.00 Order #: 2003PTE
Type: Training Equipment





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