

# STOTT PILATES® Hosting Program

The STOTT PILATES Hosting Program allows you to deliver STOTT PILATES' world-renowned instructor training, certification courses and workshops on-site at your facility. Whether you train your own staff or open courses up to the fitness community, the opportunities to generate revenue are endless. You simply handle the course registration, promote the course with our assistance – and we'll do the rest.

## Be a Part of the Solution

Since the demand for Pilates is growing faster than there are Pilates instructors available, creating your own Pilates staff is the solution. STOTT PILATES has trained over 27,000 students in more than 100 countries worldwide. Hosting provides an excellent opportunity to educate your staff while aligning yourself with the leader in the industry.

### Host On-Site Training at Your Location

STOTT PILATES Certified Instructor Trainers will travel to your location to offer our curriculum, workshops and continuing education.

## Benefits of Hosting

### Gain Revenue and Profit Opportunities

As a hosting site, you set the enrollment prices and will typically break even with six participants when using STOTT PILATES' standard individual tuition prices as a guide. If you open up the course to non-staff participants, you have the potential to cover the cost of training your own staff. Adding workshops to your training schedule allows you to generate even more revenue.

### Inspire Staff Loyalty

A hosted course can accommodate up to 12 students. As a hosting facility you can choose to subsidize your staff's development, encouraging long-term loyalty and commitment. Your instructors can train at a fraction of the regular cost with no additional expenses for travel.

### Standardized Teaching Methods

You will have one standardized teaching method at your facility which will benefit both your staff and client membership. Standardized teaching is essential to a successful, well-rounded, reputable Pilates business.

### Enjoy Convenience

Our courses can be adapted to weekday or weekend modules to fit participants' busy schedules and reduce travel time and extra costs. It's easy, cost-effective and convenient!

### Implement a Profitable Pilates Program

Our Full Solutions service is a valuable resource that will help you implement and run a profitable Pilates program. Receive customized advice and ongoing support to help you achieve success regardless of your facility's size or budget.

### Additional Fees – All Courses

In addition to Hosting fees, the Hosting site is responsible for the Instructor Trainer's travel costs, per diem and accommodation. Costs are determined on an individual basis.



## Partner with the Best

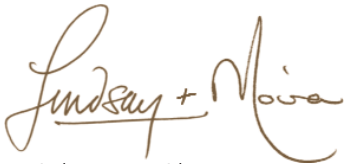
### Dear friends,

When you partner with Merrithew Health and Fitness™, you're associating with a leader in the industry. We've trained over 27,000 students in more than 100 countries between our Corporate Training Centers, over 55 Licensed Training Centers, and numerous hosting locations around the globe. We are the award-winning producers of the world's largest Pilates DVD library with over 120 titles in our line-up, and creators of the industry's top Pilates equipment line. We're continually enhancing our product and course offerings to meet the growing demand for Pilates worldwide. We are pleased to be your full-service Pilates provider.

Let our **Full Solutions** Business Consulting Team provide you with everything you need to start you on your road to success. From staffing and new programming options, and space-saving, state-of-the-art equipment, to cost-effective marketing initiatives to help you get started – we've got the winning combination of Pilates expertise, equipment and education.

Our Full Solutions experts provide personal business consulting to help you develop a successful Pilates business regardless of your facility's size. With customized Pilates programs, we take the anxiety out of decision making. Full Solutions supports your every step. For more information email [fullsolutions@merrithew.com](mailto:fullsolutions@merrithew.com).

*Yours in health,*



Lindsay G. Merrithew  
President & CEO

Moira Merrithew  
Executive Director, Education



### How to Become a Hosting Site

- ▶ Visit [www.merrithew.com/education/hosting](http://www.merrithew.com/education/hosting) for more details, contact Full Solutions at [fullsolutions@merrithew.com](mailto:fullsolutions@merrithew.com) or your local Licensed Training Center for information
- ▶ Select courses and book dates
- ▶ Sign the Hosting contract and order required equipment and materials
- ▶ Market the course
- ▶ Enroll students

### Ready, Set... Market!

We recognize that a strong marketing program with fresh ideas is the key to building a successful Pilates business. For that reason, we offer comprehensive marketing support to help you promote your STOTT PILATES hosted course.

As a Hosting Site, you receive the following items and services to boost enrollment and build your Pilates program's visibility:

- ▶ A dedicated web page on [www.merrithew.com](http://www.merrithew.com) that outlines all the courses and/or workshops offered at your facility with a link to your website
- ▶ Promotion of your course in our monthly e-newsletter sent to fitness professionals and retail clients
- ▶ Press release templates to promote your course, workshops, classes or equipment
- ▶ PR tips to help you garner press coverage
- ▶ Customized flyers in PDF format to promote and market courses to prospective students
- ▶ Access to STOTT PILATES logos, images and other marketing tools to maintain professional, consistent branding

### We Take the Puzzle Out of Pilates



## Explore Multiple Options and Avenues to Help You Pursue Your Goals and Achieve Success

### IMP Intensive Mat-Plus™

IMP provides the solid foundation and skills needed to develop effective and motivating personal training programs. This course teaches how to design and teach the Level 1 (Essential and Intermediate) Matwork repertoire, integrating unique light equipment, to meet the specific needs of your clients.

#### Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness
- ▶ 30 hours Pilates classes/workouts

#### Benefits include:

- ▶ Workout composition for personal and group training
- ▶ Essential, Intermediate, Power workouts
- ▶ Flex-Band®, Fitness Circle®, Arc Barrel workouts
- ▶ How to incorporate resistance equipment to support and intensify exercises
- ▶ 63 exercises plus multiple modifications

#### Duration

- ▶ 40 hrs class instruction & supervised teaching conducted over 2 weeks or 3 weekends.

Plus, students are required to complete:

- ▶ Minimum 10 hrs observation
- ▶ Minimum 30 hrs physical review
- ▶ Minimum 15 hrs practice teaching
- ▶ Total: 95 hrs

#### CECs

- ▶ 4.0 STOTT PILATES; 4.0 ACE; 4.0 CFP

#### Required Equipment\*

- ▶ 1 each per student: Mat; Flex-Band® exerciser; Fitness Circle® resistance ring
- ▶ 1 each per 2 students: Mini Stability Ball™; Foam Cushions A & C\*; Rubber Pad
- ▶ 1 per 3 students: Arc Barrel
- ▶ 1 Spine Supporter (optional)

#### Required Materials

- ▶ 2 manuals: *Comprehensive Matwork*; *Matwork/Reformer Support Materials*
- ▶ 4 DVDs: *Essential Matwork 3rd Ed*; *Intermediate Matwork 3rd Ed*; *Sculpt & Tone*; *Fitness Circle Challenge*

#### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	6,300.00
Plus course materials per person *	121.67

### IR Intensive Reformer

This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training setting for a wide range of clients. While IR may be taken prior to IMP, we highly recommend completing IMP first.

#### Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness
- ▶ 30 hours Pilates classes/workouts

#### Benefits include:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ Essential, Intermediate, Power workouts
- ▶ 122 exercises plus multiple modifications

#### Duration

- ▶ 50 hrs class instruction & supervised teaching conducted over 3 weeks or 4 weekends.

Plus, students are required to complete:

- ▶ Minimum 10 hrs observation
- ▶ Minimum 40 hrs physical review
- ▶ Minimum 25 hrs practice teaching
- ▶ Total: 125 hrs

#### CECs

- ▶ 5.0 STOTT PILATES; 5.0 ACE; 4.0 CFP

#### Required Equipment\*

- ▶ 1 per 3 students: STOTT PILATES Reformer
- ▶ 1 each per Reformer: Reformer Box; Rubber Pad; pair Long Spine Straps™; Foam Cushions A & C\*; Padded Platform Extender; Mini Stability Ball; Maple Pole; pair Foam-Grip Handles

#### Required Materials

- ▶ 3 manuals: *Matwork/Reformer Support Materials*; *Essential Reformer 2nd Ed*; *Intermediate Reformer 2nd Ed*
- ▶ 2 DVDs: *Essential Reformer 3rd Ed*; *Intermediate Reformer 2nd Ed*

#### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	8,350.00
Plus course materials per person *	164.21



\* Use of STOTT PILATES equipment required ■ Foam Cushion C can be replaced with a Padded Platform Extender ▼ Not required for Reformers with a Retractable Rope System  
<sup>†</sup> Hosting fee does not include Instructor Trainer travel costs, per diem and accommodations ★ Price is based on the host site discount for course materials per participant



## Intensive Cadillac, Chair & Barrels can be taught in three separate modules

The Cadillac, Chair & Barrels course has been restructured into three separate modules to allow the choice of which element to take, and when (they may be scheduled consecutively). Completion of all three modules is required to be eligible for certification. ACE CECs are only awarded when all three modules are completed.

Costs	US \$
Hosting fee <sup>†</sup>	8,350.00
Plus course materials per person *	397.92

### ICAD Intensive Cadillac

ICAD prepares instructors to teach Level 1 (Essential and Intermediate) exercises on the Cadillac. By the end of this course each will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 125 Cadillac exercises.

#### Prerequisites



#### Duration

- ▶ 25 hrs class instruction and supervised teaching conducted over 5 days or 2 weekends.

Plus, students are required to complete:

- ▶ Minimum 10 hrs observation
- ▶ Minimum 15 hrs physical review
- ▶ Minimum 10 hrs practice teaching
- ▶ Total: 60 hrs

#### CECs

- ▶ 2.5 STOTT PILATES; 2.5 ACE; 4.0 CFP

#### Required Equipment\*

- ▶ 1 per 6 students: Cadillac OR 1 each per 12 students: Cadillac; Reformer with V2 MaxPlus™ or Traditional Vertical Frame
- ▶ 1 each per 6 students: Rubber Pad; Foam Cushions A & C<sup>■</sup>; Mini Stability Ball™; pair Rotational Disks
- ▶ 1 Reformer Box (optional)

#### Required Materials

- ▶ 2 manuals: *Essential Cadillac 2nd Ed*; *Intermediate / Advanced Cadillac*
- ▶ 2 DVDs: *Essential Cadillac 2nd Ed*; *Intermediate Cadillac 2nd Ed*

#### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	4,600.00
Plus course materials per person *	175.46

### ICHR Intensive Stability Chair™

This course prepares instructors to teach Level 1 exercises on the Stability Chair. By the end of this course each will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 63 exercises on the Stability Chair.

#### Prerequisites



#### Duration

- ▶ 15 hrs class instruction and supervised teaching conducted over 3 days or 1 weekend.

Plus, students are required to complete:

- ▶ Minimum 5 hrs observation
- ▶ Minimum 10 hrs physical review
- ▶ Minimum 10 hrs practice teaching
- ▶ Total: 40 hrs

#### CECs

- ▶ 1.5 STOTT PILATES; 1.5 ACE; 4.0 CFP

#### Required Equipment\*

- ▶ 1 each per 3 students: Split-Pedal Stability Chair; Reformer Box; Padded Platform Extender; Foam Cushions A & C<sup>■</sup>; Rubber Pad; Mat

#### Required Materials

- ▶ 1 manual: *Complete Stability Chair*
- ▶ 1 DVD: *Essential & Intermediate Stability Chair 2nd Ed*

#### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	2,750.00
Plus course materials per person *	82.48

### IBRL Intensive Barrels

This course prepares instructors to teach Level 1 exercises on the Barrels and to fine-tune personal and circuit training programs. A variety of clients' conditioning goals can be met with 98 exercises on the Arc Barrels, Ladder Barrel and Spine Corrector.

#### Prerequisites



#### Duration

- ▶ 10 hrs class instruction and supervised teaching conducted over 2 days or 1 weekend.

Plus, students are required to complete:

- ▶ Minimum 5 hrs observation
- ▶ Minimum 10 hrs physical review
- ▶ Minimum 5 hrs practice teaching
- ▶ Total: 30 hrs

#### CECs

- ▶ 1.0 STOTT PILATES; 1.0 ACE; 4.0 CFP

#### Required Equipment\*

- ▶ 1 each per 6 students: Ladder Barrel; Padded Platform Extender
- ▶ 1 per 4 students: Spine Corrector
- ▶ 1 each per 3 students: Arc Barrel; Rubber Pad; Mini Stability Ball; Foam Cushions A & C<sup>■</sup>
- ▶ 1 Reformer Box (optional)

#### Required Materials

- ▶ 3 manuals: *Complete Arc Barrel*; *Complete Ladder Barrel*; *Complete Spine Corrector*
- ▶ 1 DVD: *Complete Barrel Repertoire* (includes *Arc Barrel*; *Ladder Barrel*; *Spine Corrector*)

#### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	1,850.00
Plus course materials per person *	139.98

## AM Advanced Matwork

This course progresses to more advanced material, providing further options and challenges on the Mat for highly conditioned clients. Participants learn 13 exercises and advanced modifications.

### Prerequisites



### Duration

- ▶ 6 hrs instruction in 1 day

### CECs

- ▶ 0.6 STOTT PILATES; 0.6 ACE; 3.0 CFP

### Required Equipment\*

- ▶ See IMP required equipment

### Required Materials

- ▶ 1 manual: *Comprehensive Matwork*
- ▶ 1 DVD: *Advanced Matwork 3rd Ed*

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	1,100.00
Plus course materials per person <sup>★</sup>	21.48

## AR Advanced Reformer

Learn to use various Reformer components and accessories to intensify the repertoire to provide a dynamic workout for highly conditioned clients. Participants learn 70 new exercises and variations.

### Prerequisites



### Duration

- ▶ 18 hrs instruction over 3 days

### CECs

- ▶ 1.8 STOTT PILATES; 1.8 ACE; 4.0 CFP

### Required Equipment\*

- ▶ See IR required equipment

### Required Materials

- ▶ 1 manual: *Advanced Reformer*
- ▶ 1 DVD: *Advanced Reformer 2nd Ed*

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	3,375.00
Plus course materials per person <sup>★</sup>	83.98



Costs	US \$
Hosting fee <sup>†</sup>	2,500.00
Plus course materials per person <sup>★</sup>	47.96

## ACAD ACHR ABRL Advanced Cadillac, Chair & Barrels

Advanced Cadillac, Chair & Barrels course has been restructured into three separate modules to allow the choice of which element to take, and when (they may be scheduled consecutively). Completion of all three modules is required to be eligible for certification. ACE CECs are only awarded when all three modules are completed.

### ACAD Advanced Cadillac

ACAD prepares instructors to teach 28 Advanced level exercises plus modifications on the Cadillac.

### Prerequisites



### Duration

- ▶ 6 hrs class instruction in 1 day

### CECs

- ▶ 0.6 STOTT PILATES; 0.6 ACE; 3.0 CFP

### Required Equipment\*

- ▶ See ICAD required equipment

### Required Materials

- ▶ 1 manual: *Intermediate/Advanced Cadillac*
- ▶ 1 DVD: *Advanced Cadillac 2nd Ed*

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	1,150.00
Plus course materials per person <sup>★</sup>	23.98

### ACHR Advanced Stability Chair

ACHR offers 14 Advanced exercises plus modifications on the Stability Chair.

### Prerequisites



### Duration

- ▶ 3 hrs class instruction in 1 day

### CECs

- ▶ 0.3 STOTT PILATES; 0.3 ACE; 2.0 CFP

### Required Equipment\*

- ▶ See ICHR required equipment

### Required Materials

- ▶ 1 manual: *Complete Stability Chair*
- ▶ 1 DVD: *Advanced Stability Chair 2nd Ed*

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	720.00
Plus course materials per person <sup>★</sup>	23.98

### ABRL Advanced Barrels

ABRL offers 14 Advanced exercises plus modifications on the three types of Barrels.

### Prerequisites



### Duration

- ▶ 3 hrs class instruction in 1 day

### CECs

- ▶ 0.3 STOTT PILATES; 0.3 ACE; 2.0 CFP

### Required Equipment\*

- ▶ See IBRL required equipment

### Required Materials

- ▶ See IBRL required material

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee <sup>†</sup>	720.00
Plus course materials per person <sup>★</sup>	—

\* Use of STOTT PILATES equipment required ★ Price is based on the host site discount for course materials per participant

## GM Group SPX™ Mat-Plus™ Training

Designed for teaching in a group environment. Taught in two modules. Conduct safe Level 1 Group Matwork classes using effective cueing techniques. Instructors may take certification exam with completion of both modules.

### Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness
- ▶ 30 hours Pilates classes/workouts

### General Course Objectives:

- ▶ Learn motivation and observation skills, verbal cueing and imagery specific to group training
- ▶ Standard modifications to deal with varying skill levels including form and functional anatomy
- ▶ How to conduct an orientation session
- ▶ Ten group Matwork routines (Essential through Intermediate) with a variety of intensity levels
- ▶ Effective use of light equipment to enhance strength, peripheral extremity conditioning, and coordination
- ▶ More than 57 exercises, plus modifications

### Duration

- ▶ 40 hrs class instruction and supervised teaching
- ▶ Module 1 is 25 hrs; Module 2 is 15 hrs

Plus, students are required to complete:

- ▶ Minimum 9 hrs observation
- ▶ Minimum 30 hrs physical review
- ▶ Minimum 15 hrs practice teaching

### CECs

- ▶ 4.0 STOTT PILATES; 4.0 ACE; 4.0 CFP

### Required Equipment\* – Module 1

- ▶ 1 each per student: Mat; Flex-Band® exerciser; Fitness Circle® resistance ring
- ▶ 1 each per 2 students: Foam Cushions A & C\*; Rubber Pad; Mini Stability Ball™

### Required Equipment\* – Module 2

- ▶ 2 per student: Toning Balls (2 lbs)
- ▶ Required equipment from Module 1

### Required Materials – Module 1

- ▶ 2 manuals: *Comprehensive Matwork*; *Matwork/Reformer Support Material*
- ▶ 3 DVDs: *Essential Matwork 3rd Ed*; *Fitness Circle Challenge*; *Total Body Sculpting*

### Required Materials – Module 2

- ▶ 2 DVDs: *Intermediate Matwork*; *Toning Ball Workout*
- ▶ Required materials from Module 1

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee† – Module 1	4,050.00
Plus course materials per person *	100.19
Hosting fee† – Module 2	2,550.00
Plus course materials per person *	37.96

## GR Group SPX™ Reformer Training

This course teaches instructors how to design and instruct Level 1 (Essential and Intermediate) Group Reformer workouts for a range of clients. While GR may be taken prior to GM, we recommend completing GM first.

### Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness
- ▶ 30 hours Pilates classes/workouts

### General Course Objectives:

- ▶ Learn motivation and observation skills, verbal cueing and imagery specific to group training
- ▶ Standard modifications to deal with varying skill levels including form and functional anatomy
- ▶ How to conduct an orientation session promoting group Reformer classes to first-time clients
- ▶ Effective use of the Reformer to enhance torso stability, strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ Twelve group Reformer programs (Essential through Intermediate) with a variety of intensities
- ▶ More than 120 exercises including warmups and plyometric exercises, plus multiple modifications

### Duration

- ▶ 50 hrs class instruction and supervised teaching
- ▶ Module 1 is 30 hrs; Module 2 is 20 hrs

Plus, students are required to complete:

- ▶ Minimum 9 hrs observation
- ▶ Minimum 30 hrs physical review
- ▶ Minimum 19 hrs practice teaching

### CECs

- ▶ 5.0 STOTT PILATES; 5.0 ACE; 4.0 CFP

### Required Equipment\* – Modules 1 & 2

- ▶ 1 per 2 students: STOTT PILATES Reformer
- ▶ 1 each per Reformer: Reformer Box; Jumpboard; Padded Platform Extender; Rubber Pad; Foam Cushions A & C\*; Mini Stability Ball
- ▶ 1 pair Foam-Grip Handles

### Required Materials – Module 1

- ▶ 2 manuals: *Matwork/Reformer Support Material*; *Essential Reformer 2nd Ed*
- ▶ 1 DVD: *Essential Reformer 3rd Ed*

### Required Materials – Module 2

- ▶ 1 manual: *Intermediate Reformer 2nd Ed*
- ▶ 1 DVD: *Intermediate Reformer 2nd Ed*

### Capacity

- ▶ Maximum 12 participants

Costs	US \$
Hosting fee† – Module 1	5,100.00
Plus course materials per person *	91.48
Hosting fee† – Module 2	3,600.00
Plus course materials per person *	72.73

## Crossover Program

The Crossover Program has been developed to offer instructors additional opportunities for professional growth by helping facilitate the transition from private to group training and vice versa. Unlike our other courses, the Crossover Program is designed to act as a bridge between the Group SPX and Intensive programs.

For information about hosting a Crossover course visit [www.stottpilates.com](http://www.stottpilates.com).

### XMG Crossover from Intensive Mat-Plus to Group SPX™ Mat-Plus

Prerequisites	Duration	CECs
IMP or CMR	▶ 6 hrs	▶ 0.6 STOTT PILATES; 0.6 ACE; 3.0 CFP

Costs	US \$
Hosting fee†	1,200.00

### XRG Crossover from Intensive Reformer to Group SPX™ Reformer

Prerequisites	Duration	CECs
IR or CMR	▶ 6 hrs	▶ 0.6 STOTT PILATES; 0.6 ACE; 3.0 CFP

Costs	US \$
Hosting fee†	1,200.00

### XMP Crossover from Group SPX™ Mat-Plus to Intensive Mat-Plus

Prerequisites	Duration	CECs
GM	▶ 10 hrs	▶ 1.0 STOTT PILATES; 1.0 ACE; 4.0 CFP

Costs	US \$
Hosting fee†	2,100.00

### XRP Crossover from Group SPX™ Reformer to Intensive Reformer

Prerequisites	Duration	CECs
GR	▶ 10 hrs	▶ 1.0 STOTT PILATES; 1.0 ACE; 4.0 CFP

Costs	US \$
Hosting fee†	2,100.00

## ISP Injuries & Special Populations

Learn to customize workouts to address weaknesses, health conditions, postural problems and injuries (but not to diagnose specific injuries). This "lecture-demo" format provides a greater understanding of the many conditions and challenges clients may have and/or are experiencing. Topics covered include:

- ▶ Approaches to rehabilitating an injured musculoskeletal system
- ▶ Anatomy and biomechanics, dysfunctions and pathologies, and exercise modifications in the lumbo-pelvic, cervical, upper quadrant, shoulder, elbow, wrist, hip, knee, ankle and foot regions
- ▶ Pregnancy, fibromyalgia and other special conditions, plus workout design
- ▶ Appropriate modification of Matwork, Reformer, Cadillac, Stability Chair and Barrel exercises as well as proper use of props and light equipment

### Prerequisites



### Duration

- ▶ 24 hrs class instruction over 4-6 days

### CECs

- ▶ 2.4 STOTT PILATES; 2.4 ACE; 4.0 CFP

### Required Equipment\*

- ▶ 1 each: Projector; TV or computer able to play DVD
- ▶ 1 Whiteboard, chalkboard or easel and large flip pad (optional)
- ▶ 1 each per 12 students: Cadillac; Reformer with V2 Max Plus™ or Traditional Vertical Frame
- ▶ 1 each per 3 students: Foam Cushions A & C\*
- ▶ 1 per student: Mat
- ▶ 2 each: Rubber Pad; Toning Ball (1 or 2 lbs); Rotational Disks
- ▶ 1 each: Split-Pedal Stability Chair; Pilates Edge; Ladder Barrel; Spine Corrector; Arc Barrel; Spine Supporter; Reformer Box; Jumpboard; Padded Platform Extender; Rotational Diskboard; Flex-Band® exerciser; Foam Roller™; Stability Ball; Fitness Circle® resistance ring; Mini Stability Ball™; BOSU®\* balance trainer

### Required Materials

- ▶ 2 manuals: *ISP Resource Guide*; *ISP Support Material*
- ▶ 2 DVDs: *Back Care Repertoire* (includes: *Be Kind to Your Spine*; *Pain-Free Posture*; *Standing Tall*); *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*
- ▶ Students to bring their anatomy books showing muscles with origin, insertion and action

### Capacity

- ▶ Maximum 12 participants

### Costs

US \$

Hosting fee <sup>†</sup>	6,150.00
Plus course materials per person *	178.71



## W Workshops

STOTT PILATES® offers a range of introductory and continuing education workshops to help keep skills and knowledge current. Over 150 titles to choose from, most with no prerequisites required.

Workshops are continually updated with the latest information to meet the changing needs of our instructors. They cover everything from the Fundamentals, to Sport and Athletic Conditioning, to Rehabilitation and Special Populations. Titles include:

### Fundamentals

- ▶ Essential Reformer
- ▶ Essential Cadillac
- ▶ Intermediate Stability Chair
- ▶ Pilates with Props

### Sport Conditioning

- ▶ Athletic Conditioning on the V2 Max Plus™ Reformer\*
- ▶ Pilates on the Green, Matwork for Golf
- ▶ Matwork Choices for Personal Trainers
- ▶ Reformer Workout for Men

### Rehabilitation & Special Populations

- ▶ The Secret to a Strong Back
- ▶ Matwork for Breast Cancer Rehab
- ▶ Reformer for the Older Adult
- ▶ The Knee: Stability & Function
- ▶ Lumbo-Pelvic Region: Stability & Function

Visit [www.merrithew.com/education/cont-ed](http://www.merrithew.com/education/cont-ed) for a complete list of workshops

### Costs

US \$

Hosting fee <sup>†</sup>	270.00 per hr
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\* Use of STOTT PILATES equipment required ★ Price is based on the host site discount for course materials per participant



## Certification Levels & Requirements

Our rigorous training programs are respected for their credibility and integrity. Working toward STOTT PILATES Certification indicates to members that instructors and facilities are serious about fitness and professionalism.

A Letter of Completion and Continuing Education Credits are provided for each course completed.

STOTT PILATES Certification is awarded only upon successful completion of each course, plus a written and practical exam. Exam material is cumulative so students may take an exam at the end of each course or series of courses.

Exams must be taken within six months of the last course completed.

Exam Fees <sup>†</sup>	US \$
Matwork only	255.00
Reformer only	255.00
Matwork & Reformer	285.00
Matwork, Reformer, Cadillac, Chair & Barrels	375.00

<sup>†</sup> Exam fee does not include Instructor Trainer travel costs, per diem and accommodations (if applicable).

## For More Information...

### The STOTT PILATES Method

[www.merrithew.com](http://www.merrithew.com)

### Rehab Courses

[www.merrithew.com/education/prog\\_rehab](http://www.merrithew.com/education/prog_rehab)

### Host Courses & Workshops

If you're interested in finding out more about how to host courses and workshops at your location, email [fullsolutions@merrithew.com](mailto:fullsolutions@merrithew.com), skype [stott.pilates-full.solutions](https://www.skype.com/partners/stott-pilates-full-solutions), or call 1-800-910-0001 ext 203.

**Your Path to Pilates Success is only a Phone Call or Click Away**



STOTT PILATES is recognized by the American Council on Exercise, Can-Fit-Pro, and others as a continuing education provider.



**MERRITHEW**  
HEALTH & FITNESS

2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6 **Telephone** 416-482-4050 ext 261  
**Toll-Free North America** 1-800-910-0001 **United Kingdom** 0800-328-5676 **Website** [www.merrithew.com](http://www.merrithew.com)