



2010 TOUR

the 2010 STOTT PILATES®
Community of Excellence Tour



The 2010 STOTT PILATES® Tour... this stop, Maplewood!

Advance your skills in one of the hottest fitness trends. Check out our exciting line-up of workshops led by world-renowned Master and Lead Instructor Trainers. Anyone can attend! **Space is limited, sign up now.**

August 20, 2010

FRIDAY, AUGUST 20 | 11am-6pm Programming for Osteoporosis & Scoliosis Management– \$240

This double-faceted workshop offers pertinent information on the challenges of osteoporosis and scoliosis management. Clients with these conditions face genuine issues when looking for a suitable exercise program. In the first part of the workshop, learn the causation of osteoporosis and the different forms of the condition. Discover how the fundamentals of STOTT PILATES® can benefit clients and equip trainers with the tools necessary to create effective programs. The second half of the workshop will focus on scoliosis, etiology, and variety, and offer potential programming solutions for simple or more complex curvature of the spine. Working with a variety of light props, discover how to use each to manage clients with a variety of specific needs.

0.6 STOTT PILATES CECs

Core Mind and Body

To Register, contact: **Michelle Gaudette**

phone: **973-378-9000** email: **info@coremindandbody.com**

Training Facility Location: 195 Maplewood Avenue, Maplewood, NJ, 07040

OTHER TOUR STOPS:

June 12-13	Oxfordshire, England
June 12-13	Houston, TX, USA
June 17	Tribeca, NY, USA
June 25-28	Melbourne, Australia
July 16-17	Chesterfield, MO, USA
Oct 8-14	Hong Kong, China

For more information on the tour:

visit www.stottpilates.com/2010tour or call **1-800-910-0001 ext 287**

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