



# 2010 TOUR

the 2010 STOTT PILATES®  
Community of Excellence Tour



## The 2010 STOTT PILATES® Tour... this stop, Long Beach!

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.**

**September 11, 2010**

**SATURDAY, SEPT 11 | 12-2pm Matwork™ for Breast Cancer Rehab – \$ 80**

Many more women will survive breast cancer today than ever before and they will be encouraged to seek out fitness programs to assist in recovery and provide the strength and endurance needed to resume an active lifestyle. This workshop will discuss various types of treatments including surgeries and reconstruction and exercise requirements for each. The program includes Mat-based exercises focusing on ROM for the entire shoulder girdle, establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances. Exercises will incorporate hand-held toning balls and a small foam cushion to work on low load strength and endurance.

0.2 STOTT PILATES CECS

**SATURDAY, SEPT 11 | 12-2pm Jumpboard Interval Training, Level 2, on the Cardio-Tramp™ – \$ 80**

Give your clients and classes something to jump about with this pumped up workout on the new Cardio Tramp on the Reformer. Increase intensity and challenge coordination and cardiovascular fitness using more complex jumping intervals while ensuring safety and proper technique. Incorporate strengthening exercises for upper and lower body as well as the all-important core. Designed for intermediate to advanced level clients or groups, this plyometric workout will deliver all-over fitness while easily motivating and maintaining interest.

0.2 STOTT PILATES CECS

see reverse for other course descriptions.

**Register and pay in full before June 30 and save \$10 off each workshop.**

### John Garey Pilates

To Register, contact: **Jenn Frazier**

phone: 562-253-3468 email: [info@johngareypilates.com](mailto:info@johngareypilates.com)

**Training Facility Location:**

6539 East Pacific Coast Highway, Long Beach, CA 90803

**STOTT PILATES®**  
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## September 11, 2010 (continued)

### **SATURDAY, SEPT 11 | 2:15-4:15pm Prenatal Pilates with Stability Ball™ & Flex-Band® – \$ 80**

The Stability Ball™ is the perfect tool to use with prenatal clients and adding resistance with the Flex-Band® exerciser delivers a safe and effective workout for moms-to-be. In this interactive seminar, apply the most current medical information, exercise guidelines and research available on pregnancy and movement to innovative STOTT PILATES® exercise adaptations. Learn programming concepts for teaching small groups and private clients specifically in the second trimester. Discuss anatomical and physiological changes, risk factors and movement considerations and leave with strategies for building new prenatal programs as well as enhancing those already in progress.

0.2 STOTT PILATES CECs

### **SATURDAY, SEPT 11 | 2:15-4:15pm Golf Conditioning on the Reformer – \$ 80**

Help raise clients' golf games to a new level with targeted STOTT PILATES® exercises designed specifically on the Reformer. With a better understanding of the conditioning requirements of golfers, these moves will help improve balance and flexibility and condition the entire body. Discuss the unique benefits of working with Reformer exercises to enhance core stability and body awareness creating a lasting performance boost for any level athlete.

0.2 STOTT PILATES CECs

### **SATURDAY, SEPT 11 | 4:30-6:30pm Lumbo-Pelvic Region: Stability & Function – \$ 80**

This lecture/demo explores the anatomy and biomechanics involved in the normal healthy functioning of the lumbo-pelvic region, some of the dysfunctions that can occur and exercise progressions to restore optimal function. First, the available movements and functioning of the lumbo-pelvic region are explored considering the lumbar, the pelvis, the hip and surrounding musculature. Common abnormal or dysfunctional movement patterns and postures are addressed. Finally, exercise progressions to rebuild normal muscle action and movement patterning are outlined, as well as exercises to challenge and promote optimal execution, prepare for specific activities and enhance performance.

0.2 STOTT PILATES CECs

### **SATURDAY, SEPT 11 | 4:30-6:30pm Intermediate Reformer on the V2 Max Plus™ Reformer – \$ 80**

Explore the advantage of variable angles of resistance to facilitate and expand the existing STOTT PILATES Intermediate Reformer repertoire. Designed for those already familiar with performing and teaching these exercises, this interactive workshop will delve into the possibilities afforded by the V2 Max Plus™ Reformer's adjustable pulley system and extensor straps. Discover how to challenge core strength and stability while achieving increased range of motion in exercise modifications and new variations designed to develop balance, proprioceptively stimulate the neuromuscular system, and provide support.

0.2 STOTT PILATES CECs

## OTHER TOUR STOPS:

May 30	Toronto, ON, Canada	STOTT PILATES Corporate Training Center
June 12-13	Oxfordshire, England	Active Training
June 12-13	Houston, TX, USA	Pilates South Texas
June 17	Tribeca, NY, USA	STOTT PILATES Corporate Training Center
June 25-28	Melbourne, Australia	Breathe Yoga & Pilate
July 18-19	Osaka, Japan	B Cube
July 16-17	Chesterfield, MO, USA	Wellbridge Town and Country
Aug 20	Maplewood, NJ, USA	Core Mind and Body
Sep 17	Mobile, AL, USA	Pilates in Motion
Oct 8-14	Hong Kong, China	VIM Pilates Studio



## For more information on the tour:

visit [www.stottpilates.com/2010tour](http://www.stottpilates.com/2010tour) or call 1-800-910-0001 ext 287

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