



2010 TOUR

the 2010 STOTT PILATES®
Community of Excellence Tour



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

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 18, 2010

SATURDAY, SEPTEMBER 18 | 11:30-1:30pm Pilates on the Green, Level 1 – \$100

This workout is designed specifically for golfers looking to increase club head speed and get more distance on the drive. Learn specifically chosen and modified STOTT PILATES Matwork™ exercises, which work on increasing focus and body awareness, isolating crucial core muscles and combining the elements of strength with flexibility. Trainers will be able to use this workout to benefit any level golfer from amateur to professional.

0.2 STOTT PILATES CECS

SATURDAY, SEPTEMBER 18 | 2-6pm Programming for Osteoporosis & Scoliosis Management– \$200

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.

0.4 STOTT PILATES CECS

SAVE UP TO \$10 PER WORKSHOP IF YOU REGISTER BEFORE AUGUST 1ST.

Pilates in Motion

To Register, contact: **Katrina Rinne**

phone: 251-610-6688 email: pilatesinmotionmobile@gmail.com

Training Facility Location: 3152 Old Shell Road Suite 2, Mobile, AL 36607

OTHER TOUR STOPS:

Aug 20	Maplewood, NJ, USA
Sep 11	Long Beach, CA, USA
Sep 19	Carmichael, CA, USA
Oct 8-14	Hong Kong, China
Oct 17	Castro Valley, CA, USA

For more information on the tour:

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

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