



2010 TOUR

the 2010 STOTT PILATES®
Community of Excellence Tour



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

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.**

October 17, 2010

SUNDAY, OCTOBER 17 | 12-4pm Essential Matwork – \$135

Learn select exercises from the STOTT PILATES Essential Matwork™ repertoire with emphasis on the goals of the exercises, movement patterns, breath patterns and correct alignment. This interactive workshop will also cover cueing and correcting methods to ensure safety and effectiveness.
0.4 STOTT PILATES CECs

SUNDAY, OCTOBER 17 | 4:30-6:30pm Secret to Toned Arms, Buns & Thighs – \$67.50

Zero in on common trouble spots with the precision of STOTT PILATES exercises. Use this targeted routine to gain greater tone, strength and body confidence. Incorporate the foundational concepts to target arms and shoulders, as well as legs and buns in a workout that will keep clients coming back for more.
0.2 STOTT PILATES CECs

REGISTER FOR BOTH WORKSHOPS FOR ONLY \$175

24 Hour Fitness – Castro Valley

To Register, contact: **Karen Banting**
phone: 1-800-910-0001 ext. 287 email: Karen.banting@stottpilates.com
Training Facility Location: 3839 E. Castro Valley Blvd., Castro Valley, CA

OTHER TOUR STOPS:

Aug 20	Maplewood, NJ, USA
Aug 20	Maplewood, NJ, USA
Sep 11	Long Beach, CA, USA
Sep 17-18	Mobile, AL, USA
Sep 19	Carmichael, CA, 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

2638D-17 STAFF™/® Trademark or registered trademark of Merrithew Corporation, used under license. *US Patent Pending and other countries.

STOTT PILATES®
m **merrithew** CORPORATION