



# 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.**

### September 19, 2010

#### SUNDAY, SEPTEMBER 19 | 12-4pm Essential Matwork – \$180

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, SEPTEMBER 19 | 4:30-6:30pm Secret to Toned Arms, Buns & Thighs – \$90

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

**SAVE \$35 WHEN YOU REGISTER FOR BOTH WORKSHOPS.**

### 24 Hour Fitness – Carmichael

To Register, contact: **Karen Banting**  
phone: 1-800-910-0001 ext. 287 email: [Karen.banting@stottpilates.com](mailto:Karen.banting@stottpilates.com)  
Training Facility Location: 5114 Arden Way, Carmichael, CA

### OTHER TOUR STOPS:

|           |                        |
|-----------|------------------------|
| Aug 20    | Maplewood, NJ, USA     |
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| Sep 11    | Long Beach, CA, USA    |
| Sep 17-18 | Mobile, AL, USA        |
| Oct 8-14  | Hong Kong, China       |
| Oct 17    | Castro Valley, CA, USA |

### 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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