



2010 TOUR

the 2010 STOTT PILATES®
Community of Excellence Tour



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

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.

July & August, 2010

FRIDAY, JUL 9 | 11am-2pm Prenatal Pilates on the V2 Max Plus™ Reformer* – \$145

This innovative workshop focuses on the use of the V2 Max Plus™ Reformer*'s adjustable pulley system and extensor straps to create safe and effective workouts for Moms-to-be. Drawing on the latest medical information and ACOG guidelines, anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to increasing programming options for this very special population. Appropriate STOTT PILATES® exercise adaptations will be explored using the unique features of the Reformer including the height-adjustable pulleys and completely adjustable settings. Trainers will easily recognize the benefits of using this highly adaptable unit to keep prenatal workouts fresh and motivating.

0.3 STOTT PILATES CECS

SATURDAY, JUL 10 | 10am-2pm Programming for Osteoporosis and 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.

0.4 STOTT PILATES CECS

see reverse for other course descriptions.

Northeast Pilates Education Center

To Register, visit us online: www.northeastpilates.com

Training Facility Location:

30 Prince Street, Danvers, Massachusetts, 01923

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July & August, 2010 (continued)

SATURDAY, JUL 10 | 2:30-4:30pm Power-Paced Fitness Circle® – \$120

This exciting, fast-paced workout uses the Fitness Circle® resistance ring in innovative ways to add variety and challenge to group classes or personal training programs. Learn fun yet demanding programming designed to complement Matwork™ and motivate clients. Let the power of the Fitness Circle increase intensity while maintaining a focus on core connection and exercise execution.

0.2 STOTT PILATES CECs

FRIDAY, JUL 16 | 11am-1pm Athletic Conditioning on the Reformer, Workout 1 – \$120

Learn to take your clients' game to the next level in this sports conditioning workshop. Improve strength, power and agility through new variations of familiar exercises that challenge unilateral movement, weight transference and core stability. This workshop has a special focus on the core, arms, legs, shoulders and hips as well as rotation. Learn a format on the Reformer perfect for your sports enthusiast clients and athletes of all levels.

0.2 STOTT PILATES CECs

FRIDAY, JUL 16 | 1:30-3:30pm Athletic Conditioning on the Reformer, Workout 2 – \$120

Athletes and trainers alike recognize the benefits of alternative performance enhancing training methods like Pilates. This second-level Reformer workout builds on the first full-body routine placing even more emphasis on core stability, while challenging strength, power and agility. Learn new variations of familiar exercises and unique moves that challenge unilateral movement, weight transference and torso rotation – as well as strength and mobility of arms, legs, shoulders and hips. This high-caliber workout will be perfect for very fit and accomplished sports enthusiasts.

0.2 STOTT PILATES CECs

FRIDAY, JUL 23 | 11am-2pm Athletic Conditioning on the V2 Max Plus™ Reformer* – \$145

Serious athletes – whether professional or amateur – benefit greatly from performance enhancement training. This high-caliber workout is designed for instructors and trainers working with very fit and accomplished athletes. Using the STOTT PILATES® V2 Max Plus™ Reformer* – an all-in one machine that combines the functionality of the Professional Reformer with the key features and benefits of the Cadillac, experience the virtually endless programming options this piece allows. Always initiating from the core, learn how this complete body workout retrains muscles that may have become unbalanced and take clients to a new level of strength and agility.

0.3 STOTT PILATES CECs

FRIDAY, JUL 30 | 11am-3:30pm Pilates with Props, Levels 1 & 2 – \$240

Need to add some interest to your Matwork™ routine? This innovative and upbeat Mat-based workshop features exercises that increase in intensity and challenge. Beginning with those from the Level 1 workout, learn how to incorporate the Flex-Band® exerciser, Fitness Circle® resistance ring and Toning Balls™ to develop classes that will challenge and stimulate you and your clients alike. First-level exercises will serve to develop core strength and stability while those in the second level will focus on mobility and agility. These workouts will give you tons of new material to inspire every client no matter what their fitness level.

0.4 STOTT PILATES CECs

FRIDAY, AUG 13 | 11am-1pm Essential Bosu®* – \$120

Expands Pilates repertoire by linking Essential-level exercises with the versatile BOSU®* Balance Trainer. Flat on one side and domed on the other, the unstable nature of the BOSU®* Balance Trainer makes it an ideal tool for establishing and reinforcing balance, stability and proprioception while gaining core strength. Exercises performed in standing, kneeling, seated, supine and prone positions, enhance stability, strength, balance, flexibility, agility, coordination and endurance.

0.2 STOTT PILATES CECs

FRIDAY, AUG 13 | 1:30-3:30pm Intermediate Bosu – \$120

Progress from the Essential level by linking Intermediate Matwork™ exercises with the versatile BOSU®* Balance Trainer - a demi-ball that effectively targets and conditions the core. Exercises are performed on both the flat and inflated dome side of the BOSU®* in standing, kneeling, seated, supine and prone positions. Learn how stability, balance, strength, flexibility, agility, coordination and endurance can all be enhanced with the BOSU®*.

0.2 STOTT PILATES CECs

BOSU®* is a registered trademark of BOSU Fitness LLC, used with permission.

For more information on the tour:

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

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July & August, 2010 (continued)

FRIDAY, AUG 20 | 11am-1pm Essential Reformer on the V2 Max Plus™ Reformer* – \$120

Explore how altering the angle of resistance can facilitate and expand the existing Reformer repertoire. Learn a series of Essential-level exercises using the V2 Max Plus™ Reformer*'s adjustable pulley system and extensor straps. Using the height-adjustable pulleys on the unit's vertical frame, learn how the angle of resistance can be changed to help fire the appropriate muscles and achieve increased range of motion in tri-planar movements. Ideal for instructors from beginner to expert and for clients at any fitness level.

0.2 STOTT PILATES CECS

FRIDAY, AUG 20 | 1:30-3:30pm Intermediate Reformer on the V2 Max Plus Reformer – \$120

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 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
Oct 17	Castro Valley, CA, USA	24 Hour Fitness



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