

STOTT PILATES®



Hosting Program

The STOTT PILATES® Hosting Program allows you to deliver STOTT PILATES' world-renowned instructor training, certification courses and workshops on-site at your facility. Whether you train your own staff or open courses up to the fitness community, the opportunities to generate revenue are endless. You simply handle the course registration, promote the course with our assistance – and we'll do the rest.

Be a Part of the Solution

Since the demand for Pilates is growing faster than there are Pilates instructors available, creating your own Pilates staff is the solution. STOTT PILATES has trained over 30,000 students from 106 countries worldwide. Hosting provides an excellent opportunity to educate your staff while aligning yourself with the leader in the industry.

Host On-Site Training at Your Location

STOTT PILATES Certified Instructor Trainers will travel to your location to offer our curriculum, workshops and continuing education.

Benefits of Hosting

Gain Revenue and Profit Opportunities

As a hosting site, you set the enrollment prices and will typically break even with six participants when using STOTT PILATES' standard individual tuition prices as a guide. If you open up the course to non-staff participants, you have the potential to cover the cost of training your own staff. Adding workshops to your training schedule allows you to generate even more revenue.

Inspire Staff Loyalty

A hosted course can accommodate up to 12 students. As a hosting facility you can choose to subsidize your staff's development, encouraging long-term loyalty and commitment. Your instructors can train at a fraction of the regular cost with no additional expenses for travel.

Standardized Teaching Methods

You will have one standardized teaching method at your facility which will benefit both your staff and client membership. Standardized teaching is essential to a successful, well-rounded, reputable Pilates business.

Enjoy Convenience

Our courses can be adapted to weekday or weekend modules to fit participants' busy schedules and reduce travel time and extra costs. It's easy, cost-effective and convenient!

Implement a Profitable Pilates Program

The Merrithew Health & Fitness™ Full Solutions™ service is a valuable resource that will help you implement and run a profitable STOTT PILATES program. Receive customized advice and ongoing support to help you achieve success regardless of your facility's size or budget.

Additional Fees – All Courses

In addition to Hosting fees, the Hosting site is responsible for the Instructor Trainer's travel costs, per diem and accommodation. Costs are determined on an individual basis.



Partner with the Best

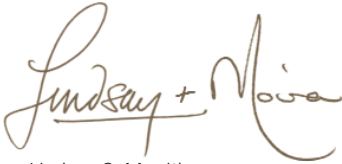
Dear friends,

When you partner with Merrithew Health and Fitness™, you're associating with a leader in the industry. We've trained over 30,000 students from 106 countries between our Corporate Training Centers, over 52 Licensed Training Centers, and numerous hosting locations around the globe. We are the award-winning producers of the world's largest Pilates DVD library with over 120 titles in our line-up, and creators of the industry's top Pilates equipment line. We're continually enhancing our product and course offerings to meet the growing demand for Pilates worldwide. We are pleased to be your full-service Pilates provider.

Let our **Full Solutions™** Business Consulting Team provide you with everything you need to start you on your road to success. From staffing and new programming options, and space-saving, state-of-the-art equipment, to cost-effective marketing initiatives to help you get started – we've got the winning combination of Pilates expertise, equipment and education.

Our Full Solutions experts provide personal business consulting to help you develop a successful Pilates business regardless of your facility's size. With customized Pilates programs, we take the anxiety out of decision making. Full Solutions supports your every step. For more information email fullsolutions@merrithew.com

Yours in health,



Lindsay G. Merrithew
President & CEO

Moira Merrithew
Executive Director, Education



How to Become a Hosting Site

- ▶ Visit www.merrithew.com/education/hosting for more details, contact Full Solutions at fullsolutions@merrithew.com or your local Licensed Training Center for information
- ▶ Select courses and book dates
- ▶ Sign the Hosting contract and order required equipment and materials
- ▶ Market the course
- ▶ Enroll students

Ready, Set... Market!

We recognize that a strong marketing program with fresh ideas is the key to building a successful Pilates business. For that reason, we offer comprehensive marketing support to help you promote your STOTT PILATES hosted course.

As a Hosting Site, you receive the following items and services to boost enrollment and build your Pilates program's visibility:

- ▶ A dedicated web page on www.merrithew.com that outlines all the courses and/or workshops offered at your facility with a link to your website
- ▶ Promotion of your course in our monthly e-newsletter sent to fitness professionals and retail clients
- ▶ Press release templates to promote your course, workshops, classes or equipment
- ▶ PR tips to help you garner press coverage
- ▶ Customized flyers in PDF format to promote and market courses to prospective students
- ▶ Access to STOTT PILATES logos, images and other marketing tools to maintain professional, consistent branding

We Take the Puzzle Out of Pilates



Explore Multiple Options and Avenues to Help You Pursue Your Goals and Achieve Success



IMP Intensive Mat-Plus™

IMP provides the solid foundation and skills needed to develop effective and motivating personal training programs. This course teaches how to design and teach the Level 1 (Essential and Intermediate) Matwork repertoire, integrating unique light equipment, to meet the specific needs of your clients.

Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness
- ▶ 30 hours Pilates classes/workouts

Benefits include:

- ▶ Workout composition for personal and group training
- ▶ Essential, Intermediate, Power workouts
- ▶ Flex-Band®, Fitness Circle®, Arc Barrel workouts
- ▶ How to incorporate resistance equipment to support and intensify exercises
- ▶ 63 exercises plus multiple modifications

Duration

- ▶ 40 hrs class instruction & supervised teaching conducted over 2 weeks or 3 weekends.

Plus, students are required to complete:

- ▶ Minimum 10 hrs observation
- ▶ Minimum 30 hrs physical review
- ▶ Minimum 15 hrs practice teaching
- ▶ Total: 95 hrs

CECs

- ▶ 4.0 STOTT PILATES; 4.0 ACE; 4.0 CFP

Required Equipment*

- ▶ 1 each per student: Mat; Flex-Band® exerciser; Fitness Circle® resistance ring
- ▶ 1 each per 2 students: Mini Stability Ball™; Foam Cushions A & C*; Rubber Pad
- ▶ 1 per 3 students: Arc Barrel
- ▶ 1 Spine Supporter (optional)

Required Materials

- ▶ 2 manuals: *Comprehensive Matwork*; *Matwork/Reformer Support Materials*
- ▶ 4 DVDs: *Essential Matwork 3rd Ed*; *Intermediate Matwork 3rd Ed*; *Sculpt & Tone*; *Fitness Circle Challenge*

Capacity

- ▶ Maximum 12 participants

| Costs | us \$ |
|-----------------------------------|----------|
| Hosting fee [†] | 6,500.00 |
| Plus course materials per person* | 130.75 |

To help accommodate your schedule, we also offer IMP in two separate modules.

IMP1 Intensive Mat-Plus, Module 1

IMP Module 1 provides the solid foundation and skills needed to develop effective and motivating personal training programs. Learn to design and teach the Essential portion of the Level 1 repertoire, integrating light equipment and props to meet the specific needs of clients.

Prerequisites

- ▶ Same as Intensive Mat-Plus

Benefits Include:

- ▶ Workout composition for Essential-level personal training sessions
- ▶ The STOTT PILATES Five Basic Principles
- ▶ Flex-Band®, Fitness Circle® and Arc Barrel variations
- ▶ Effective communication and observation skills
- ▶ Verbal cueing and imagery strategies for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ How to incorporate resistance equipment to support or intensify exercises
- ▶ Theory and practice of postural analysis
- ▶ 38 exercises plus multiple modifications

Duration

- ▶ 25 hrs class instruction and supervised teaching

Plus, students are required to complete:

- ▶ Minimum 6 hrs observation
- ▶ Minimum 20 hrs physical review
- ▶ Minimum 10 hrs practice teaching

CECs

- ▶ 2.5 STOTT PILATES; 2.5 ACE; 2.5 CFP

| Costs | us \$ |
|-------------------------------------|----------|
| Hosting fee [†] – Module 1 | 4,175.00 |
| Plus course materials per person* | 106.42 |

IMP2 Intensive Mat-Plus, Module 2

IMP Module 2 expands on the skills developed to develop effective and motivating personal training programs. Learn to design and teach sessions in the Intermediate portion of the Level 1 repertoire integrating light equipment and props.

Prerequisites

- ▶ Intensive Mat-Plus, Module 1

Benefits Include:

- ▶ Workout composition for Intermediate-level personal training and group sessions
- ▶ How to incorporate the STOTT PILATES Five Basic Principles in Intermediate-level exercises
- ▶ Flex-Band®, Fitness Circle® and Arc Barrel variations
- ▶ Effective communication and observation skills
- ▶ Verbal cueing and imagery strategies for performance enhancement and client motivation
- ▶ Exercise layering for effective program design
- ▶ How to incorporate resistance equipment to support or intensify exercises
- ▶ Practical application of postural analysis
- ▶ 25 unique exercises plus multiple modifications and progressions

Duration

- ▶ 15 hrs class instruction and supervised teaching

Plus, students are required to complete:

- ▶ Minimum 4 hrs observation
- ▶ Minimum 10 hrs physical review
- ▶ Minimum 5 hrs practice teaching

CECs

- ▶ 1.5 STOTT PILATES; 1.5 ACE; 4.0 CFP

| Costs | us \$ |
|-------------------------------------|----------|
| Hosting fee [†] – Module 2 | 2,575.00 |
| Plus course materials per person* | 22.48 |

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.

* Use of STOTT PILATES equipment required ■ Foam Cushion C can be replaced with a Padded Platform Extender ▼ Not required for Reformers with a Retractable Rope System

† Hosting fee does not include Instructor Trainer travel costs, per diem and accommodations ★ Price is based on the host site discount for course materials per participant

IR Intensive Reformer

This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training setting for a wide range of clients. While IR may be taken prior to IMP, we highly recommend completing IMP first.

Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness
- ▶ 30 hours Pilates classes/workouts

Benefits include:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ Essential, Intermediate, Power workouts
- ▶ 122 exercises plus multiple modifications

Duration

- ▶ 50 hrs class instruction & supervised teaching conducted over 3 weeks or 4 weekends.

Plus, students are required to complete:

- ▶ Minimum 10 hrs observation
- ▶ Minimum 40 hrs physical review
- ▶ Minimum 25 hrs practice teaching
- ▶ Total: 125 hrs

CECs

- ▶ 5.0 STOTT PILATES; 5.0 ACE; 4.0 CFP

Required Equipment*

- ▶ 1 per 3 students: STOTT PILATES Reformer
- ▶ 1 each per Reformer: Reformer Box; Rubber Pad; pair Long Spine Straps[▼]; Foam Cushions A & C[•]; Padded Platform Extender; Mini Stability Ball; Maple Pole; pair Foam-Grip Handles

Required Materials

- ▶ 3 manuals: *Matwork / Reformer Support Materials; Essential Reformer 2nd Ed; Intermediate Reformer 2nd Ed*
- ▶ 2 DVDs: *Essential Reformer 3rd Ed; Intermediate Reformer 2nd Ed*

Capacity

- ▶ Maximum 12 participants



To help accommodate your schedule, we also offer IR in two separate modules.

IR1 Intensive Reformer, Module 1

Discover how to design and instruct effective Essential Reformer workouts in personal training and group settings for a wide range of clients. Learn a variety of modifications and variations to expand programming options to meet the specific needs of clients.

Prerequisites

- ▶ Same as Intensive Reformer

Benefits Include:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- ▶ Develop programs for personal and group classes
- ▶ Essential and Power workouts
- ▶ Effective communication and observation skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Theory and practice of postural analysis
- ▶ How to incorporate resistance equipment to support or intensify exercises
- ▶ Exercise layering for effective program design
- ▶ 74 exercises plus multiple modifications

Duration

- ▶ 30 hrs class instruction and supervised teaching

Plus, students are required to complete:

- ▶ Minimum 6 hrs observation
- ▶ Minimum 25 hrs physical review
- ▶ Minimum 15 hrs practice teaching

CECs

- ▶ 3.0 STOTT PILATES; 3.0 ACE; 3.0 CFP

Required Materials

- ▶ 2 manuals: *Matwork / Reformer Support Materials; Essential Reformer 2nd Ed;*
- ▶ 1 DVD: *Essential Reformer 3rd Ed;*

IR2 Intensive Reformer, Module 2

This course teaches how to design and instruct Intermediate-level Reformer workouts in personal training and group settings for a wide range of clients. Learn a variety of modifications and variations to expand programming options to meet the specific needs of clients.

Prerequisites

- ▶ Intensive Reformer, Module 1

Benefits Include:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- ▶ Develop programs for personal and group classes
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Theory and practice of postural analysis
- ▶ Exercise layering for effective program design
- ▶ 65 exercises plus multiple modifications

Duration

- ▶ 20 hrs class instruction and supervised teaching

Plus, students are required to complete:

- ▶ Minimum 4 hrs observation
- ▶ Minimum 15 hrs physical review
- ▶ Minimum 10 hrs practice teaching

CECs

- ▶ 2.0 STOTT PILATES; 2.0 ACE; 2.0 CFP

Required Materials

- ▶ 1 manual: *Intermediate Reformer 2nd Ed*
- ▶ 1 DVD: *Intermediate Reformer 2nd Ed*

| Costs | us \$ |
|---|----------|
| Hosting fee [†] | 8,700.00 |
| Plus course materials per person [★] | 162.60 |

| Costs | us \$ |
|---|----------|
| Hosting fee [†] – Module 1 | 5,350.00 |
| Plus course materials per person [★] | 96.98 |

| Costs | us \$ |
|---|----------|
| Hosting fee [†] – Module 2 | 3,750.00 |
| Plus course materials per person [★] | 76.73 |

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.



Intensive Cadillac, Chair & Barrels can be taught in three separate modules

The Cadillac, Chair & Barrels course has been restructured into three separate modules to allow the choice of which element to take, and when (they may be scheduled consecutively). Completion of all three modules is required to be eligible for certification. ACE CECs are only awarded when all three modules are completed.

| Costs | US \$ |
|------------------------------------|----------|
| Hosting fee [†] | 8,700.00 |
| Plus course materials per person ★ | 292.50 |

ICAD Intensive Cadillac

ICAD prepares instructors to teach Level 1 (Essential and Intermediate) exercises on the Cadillac. By the end of this course each will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 125 Cadillac exercises.

Prerequisites



Duration

- 25 hrs class instruction and supervised teaching conducted over 5 days or 2 weekends.

Plus, students are required to complete:

- Minimum 10 hrs observation
- Minimum 15 hrs physical review
- Minimum 10 hrs practice teaching
- Total: 60 hrs

CECs

- 2.5 STOTT PILATES; 2.5 ACE; 4.0 CFP

Required Equipment*

- 1 per 6 students: Cadillac OR
1 each per 12 students: Cadillac; Reformer with V2 MaxPlus™ or Traditional Vertical Frame
- 1 each per 6 students: Rubber Pad; Foam Cushions A & C[■]; Mini Stability Ball™; pair Rotational Disks
- 1 Reformer Box (optional)

Required Materials

- 2 manuals: *Essential Cadillac 2nd Ed*; *Intermediate/Advanced Cadillac*
- 2 DVDs: *Essential Cadillac 2nd Ed*; *Intermediate Cadillac 2nd Ed*

Capacity

- Maximum 12 participants

| Costs | US \$ |
|------------------------------------|----------|
| Hosting fee [†] | 4,800.00 |
| Plus course materials per person ★ | 139.75 |

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.

ICHR Intensive Stability Chair™

This course prepares instructors to teach Level 1 exercises on the Stability Chair. By the end of this course each will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 63 exercises on the Stability Chair.

Prerequisites



Duration

- 15 hrs class instruction and supervised teaching conducted over 3 days or 1 weekend.

Plus, students are required to complete:

- Minimum 5 hrs observation
- Minimum 10 hrs physical review
- Minimum 10 hrs practice teaching
- Total: 40 hrs

CECs

- 1.5 STOTT PILATES; 1.5 ACE; 4.0 CFP

Required Equipment*

- 1 each per 3 students: Split-Pedal Stability Chair; Reformer Box; Padded Platform Extender; Foam Cushions A & C[■]; Rubber Pad; Mat

Required Materials

- 1 manual: *Complete Stability Chair*
- 1 DVD: *Essential & Intermediate Stability Chair 2nd Ed*

Capacity

- Maximum 12 participants

| Costs | US \$ |
|------------------------------------|----------|
| Hosting fee [†] | 2,875.00 |
| Plus course materials per person ★ | 65.00 |

IBRL Intensive Barrels

This course prepares instructors to teach Level 1 exercises on the Barrels and to fine-tune personal and circuit training programs. A variety of clients' conditioning goals can be met with 98 exercises on the Arc Barrels, Ladder Barrel and Spine Corrector.

Prerequisites



Duration

- 10 hrs class instruction and supervised teaching conducted over 2 days or 1 weekend.

Plus, students are required to complete:

- Minimum 5 hrs observation
- Minimum 10 hrs physical review
- Minimum 5 hrs practice teaching
- Total: 30 hrs

CECs

- 1.0 STOTT PILATES; 1.0 ACE; 4.0 CFP

Required Equipment*

- 1 each per 6 students: Ladder Barrel; Padded Platform Extender
- 1 per 4 students: Spine Corrector
- 1 each per 3 students: Arc Barrel; Rubber Pad; Mini Stability Ball; Foam Cushions A & C[■]
- 1 Reformer Box (optional)

Required Materials

- 3 manuals: *Complete Arc Barrel*; *Complete Ladder Barrel*; *Complete Spine Corrector*
- 1 DVD: *Complete Barrel Repertoire* (includes Arc Barrel; Ladder Barrel; Spine Corrector)

Capacity

- Maximum 12 participants

| Costs | US \$ |
|------------------------------------|----------|
| Hosting fee [†] | 1,920.00 |
| Plus course materials per person ★ | 120.25 |

* Use of STOTT PILATES equipment required ■ Foam Cushion C can be replaced with a Padded Platform Extender ★ Price is based on the host site discount for course materials per participant

AM Advanced Matwork

This course progresses to more advanced material, providing further options and challenges on the Mat for highly conditioned clients. Participants learn 13 exercises and advanced modifications.

Prerequisites



Duration

- 6 hrs instruction in 1 day

CECs

- 0.6 STOTT PILATES; 0.6 ACE; 3.0 CFP

Required Equipment*

- See IMP required equipment

Required Materials

- 1 manual: *Comprehensive Matwork*
- 1 DVD: *Advanced Matwork 3rd Ed*

Capacity

- Maximum 12 participants

| Costs | US \$ |
|-----------------------------------|----------|
| Hosting fee [†] | 1,150.00 |
| Plus course materials per person* | 22.48 |

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.

AR Advanced Reformer

Learn to use various Reformer components and accessories to intensify the repertoire to provide a dynamic workout for highly conditioned clients. Participants learn 70 new exercises and variations.

Prerequisites



Duration

- 18 hrs instruction over 3 days

CECs

- 1.8 STOTT PILATES; 1.8 ACE; 4.0 CFP

Required Equipment*

- See IR required equipment

Required Materials

- 1 manual: *Advanced Reformer*
- 1 DVD: *Advanced Reformer 2nd Ed*

Capacity

- Maximum 12 participants

| Costs | US \$ |
|-----------------------------------|----------|
| Hosting fee [†] | 3,475.00 |
| Plus course materials per person* | 81.25 |



| Costs | US \$ |
|-----------------------------------|----------|
| Hosting fee [†] | 2,650.00 |
| Plus course materials per person* | 49.96 |

ACAD ACHR ABRL Advanced Cadillac, Chair & Barrels

Advanced Cadillac, Chair & Barrels course has been restructured into three separate modules to allow the choice of which element to take, and when (they may be scheduled consecutively). Completion of all three modules is required to be eligible for certification. ACE CECs are only awarded when all three modules are completed.

ACAD Advanced Cadillac

ACAD prepares instructors to teach 28 Advanced level exercises plus modifications on the Cadillac.

Prerequisites



Duration

- 6 hrs class instruction in 1 day

CECs

- 0.6 STOTT PILATES; 0.6 ACE; 3.0 CFP

Required Equipment*

- See ICAD required equipment

Required Materials

- 1 manual: *Intermediate/Advanced Cadillac*
- 1 DVD: *Advanced Cadillac 2nd Ed*

Capacity

- Maximum 12 participants

| Costs | US \$ |
|-----------------------------------|----------|
| Hosting fee [†] | 1,200.00 |
| Plus course materials per person* | 24.98 |

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.

ACHR Advanced Stability Chair

ACHR offers 14 Advanced exercises plus modifications on the Stability Chair.

Prerequisites



Duration

- 3 hrs class instruction in 1 day

CECs

- 0.3 STOTT PILATES; 0.3 ACE; 2.0 CFP

Required Equipment*

- See ICHR required equipment

Required Materials

- 1 manual: *Complete Stability Chair*
- 1 DVD: *Advanced Stability Chair 2nd Ed*

Capacity

- Maximum 12 participants

| Costs | US \$ |
|-----------------------------------|--------|
| Hosting fee [†] | 750.00 |
| Plus course materials per person* | 24.98 |

ABRL Advanced Barrels

ABRL offers 14 Advanced exercises plus modifications on the three types of Barrels.

Prerequisites



Duration

- 3 hrs class instruction in 1 day

CECs

- 0.3 STOTT PILATES; 0.3 ACE; 2.0 CFP

Required Equipment*

- See IBRL required equipment

Required Materials

- See IBRL required material

Capacity

- Maximum 12 participants

| Costs | US \$ |
|-----------------------------------|--------|
| Hosting fee [†] | 750.00 |
| Plus course materials per person* | — |

ISP Injuries & Special Populations

Learn to customize workouts to address weaknesses, health conditions, postural problems and injuries (but not to diagnose specific injuries). This "lecture-demo" format provides a greater understanding of the many conditions and challenges clients may have and/or are experiencing. Topics covered include:

- ▶ Approaches to rehabilitating an injured musculoskeletal system
- ▶ Anatomy and biomechanics, dysfunctions and pathologies, and exercise modifications in the lumbo-pelvic, cervical, upper quadrant, shoulder, elbow, wrist, hip, knee, ankle and foot regions
- ▶ Pregnancy, fibromyalgia and other special conditions, plus workout design
- ▶ Appropriate modification of Matwork, Reformer, Cadillac, Stability Chair and Barrel exercises as well as proper use of props and light equipment

Prerequisites



Duration

- ▶ 24 hrs class instruction over 4-6 days

CECs

- ▶ 2.4 STOTT PILATES; 2.4 ACE; 4.0 CFP

Required Equipment*

- ▶ 1 each: Projector; TV or computer able to play DVD
- ▶ 1 Whiteboard, chalkboard or easel and large flip pad (optional)
- ▶ 1 each per 12 students: Cadillac; Reformer with V2 MaxPlus™ or Traditional Vertical Frame
- ▶ 1 each per 3 students: Foam Cushions A & C*
- ▶ 1 per student: Mat
- ▶ 2 each: Rubber Pad; Toning Ball (1 or 2 lbs); Rotational Disks
- ▶ 1 each: Split-Pedal Stability Chair; Pilates Edge; Ladder Barrel; Spine Corrector; Arc Barrel; Spine Supporter; Reformer Box; Jumpboard; Padded Platform Extender; Rotational Diskboard; Flex-Band® exerciser; Foam Roller™; Stability Ball; Fitness Circle® resistance ring; Mini Stability Ball™; BOSU®** balance trainer

Required Materials

- ▶ 2 manuals: *ISP Resource Guide*; *ISP Support Material*
- ▶ 2 DVDs: *Back Care Repertoire* (includes: *Be Kind to Your Spine*; *Pain-Free Posture*; *Standing Tall*); *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame*
- ▶ Students to bring their anatomy books showing muscles with origin, insertion and action

Capacity

- ▶ Maximum 12 participants

| Costs | US \$ |
|------------------------------------|----------|
| Hosting fee [†] | 6,275.00 |
| Plus course materials per person * | 175.50 |

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.

* Use of STOTT PILATES equipment required ★ Price is based on the host site discount for course materials per participant



W Workshops & Specialty Tracks

STOTT PILATES® offers a range of introductory and continuing education workshops to help keep skills and knowledge current. Over 150 titles to choose from, most with no prerequisites required.

Workshops are continually updated with the latest information to meet the changing needs of our instructors. They cover everything from the Fundamentals to Sport and Athletic Conditioning, to Rehabilitation and Special Populations. Titles include:

Fundamentals

- ▶ Essential Reformer
- ▶ Essential Cadillac
- ▶ Intermediate Stability Chair
- ▶ Pilates with Props

Sport Conditioning

- ▶ Athletic Conditioning on the V2 Max Plus™ Reformer*
- ▶ Pilates Matwork for Golf
- ▶ Matwork Choices for Personal Trainers
- ▶ Reformer Workout for Men

Rehabilitation & Special Populations

- ▶ The Secret to a Strong Back
- ▶ Matwork for Breast Cancer Rehab
- ▶ Reformer for the Older Adult
- ▶ The Knee: Stability & Function
- ▶ Lumbo-Pelvic Region: Stability & Function

Visit www.merrithew.com/education/cont-ed for a complete list of workshops and www.merrithew.com/education/specialtytracks.html for workshops eligible for the Specialty Tracks program.

| Costs | US \$ |
|--------------------------|---------------|
| Hosting fee [†] | 275.00 per hr |



STOTT PILATES is recognized by the American Council on Exercise, Can-Fit-Pro and others as a continuing education provider.



Certification Levels & Requirements

Our rigorous training programs are respected for their credibility and integrity. Working toward STOTT PILATES Certification indicates to members that instructors and facilities are serious about fitness and professionalism.

A Letter of Completion and Continuing Education Credits are provided for each course completed.

STOTT PILATES Certification is awarded only upon successful completion of each course, plus a written and practical exam. Exam material is cumulative so students may take an exam at the end of each course or series of courses.

Exams must be taken within six months of the last course completed.

Exam Fees[†]

| | us \$ |
|--|--------|
| Matwork only | 255.00 |
| Reformer only | 255.00 |
| Matwork & Reformer | 285.00 |
| Matwork, Reformer, Cadillac, Chair & Barrels | 375.00 |

[†] Exam fee does not include Instructor Trainer travel costs, per diem and accommodations (if applicable).

For More Information...

The STOTT PILATES Method

www.merrithew.com

Rehab Courses

www.merrithew.com/education/prog_rehab

Host Courses & Workshops

If you're interested in finding out more about how to host courses and workshops at your location, email fullsolutions@merrithew.com, skype [stott.pilates-full.solutions](https://www.merrithew.com/education/prog_rehab), or call 1-800-910-0001 ext 287.

Your Path to Pilates Success

is only a Phone Call or Click Away!

Community of Excellence™

- ▶ The STOTT PILATES Network™ is comprised of trained students, Certified Instructors, Instructor Trainers, Lead Instructor Trainers and Master Instructor Trainers
- ▶ Currently there are 250 Instructor Trainers worldwide – all have successfully completed Full Certification, graduated with a minimum 90% exam score, have at least 1000 hours of teaching experience, and a demonstrated commitment to the brand
- ▶ Instructors Trainers are invited, or are nominated, to complete the Instructor Trainer course in Toronto, Canada and are required to co-teach before teaching on their own. They also mentor students, train instructors and present workshops in the STOTT PILATES method
- ▶ A Lead Instructor Trainer has earned their title by inspiring others through leadership and the STOTT PILATES Community of Excellence philosophy
- ▶ A Master Instructor Trainer has reached the highest level of training. They are exceptionally specialized and experts in the field of mind-body exercise

