


STOTT PILATES™  
 CONTEMPORARY APPROACH



**STOTT WORKSHOPS—A GREAT WAY TO EXPAND YOUR STOTT PILATES™ KNOWLEDGE**

STOTT PILATES™ is a systematic way to achieve optimal strength, tone, flexibility and posture. A contemporary approach to the mind-body teachings of Joseph H. Pilates, STOTT PILATES™ emphasizes neutral spine and neutral pelvic alignment and their relationship to core stability and peripheral mobility. All workshops qualify for continuing education credits with recognized fitness organizations.

Each workshop covers: ■ STOTT biomechanical principles ■ relevant STOTT PILATES™ repertoire  
 ■ how to integrate exercises successfully into existing programs ■ exercise cueing and imagery  
 ■ when and how to progress.

**STOTT WORKSHOPS  
 JOLIET PARK DISTRICT**

**JUNE 29, 2002**

Joliet Park District, 3000 West Jefferson, Joliet Illinois 60435

815 741 7275 ext. 127 (call for driving directions only)

course	length	time	cost
<b>Essential Matwork</b> INCLUDES PRESENTATION NOTES covers the essential level exercises with an emphasis on exercise essence, breathing, verbal and visual cuing.	3h	9am-12pm	\$110.00
<b>Fitness Circle® &amp; Flex-Band™</b> INCLUDES PRESENTATION NOTES shows you how to intensify STOTT PILATES MATWORK™ exercises and add variety to your pilates programming using the FITNESS CIRCLE® resistance ring and FLEX-BAND™ exerciser.	3h	1-4pm	\$140.00
<b>Both Workshops</b>			\$230.00



STOTT is recognized by the American Council on Exercise® as a Continuing Education Specialist.

**BOOK TODAY! SPACE IS LIMITED**

to register call STOTT EDUCATION  
 at 1-800-910-0001 ext 261 or press 5  
 by fax 416-482-2742



intelligent exercise.  
 profound results.™