

The SweatShop Health Club 2003-2004

**REGISTRATION INFORMATION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Work \_\_\_\_\_ Home \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Check  Mastercard  Visa Amount enclosed or charged: \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Mail registration form to:** SweatShop Program Director, 167 Snelling Avenue North  
St. Paul, MN 55104 or call 651-646-8418 to register by phone.

**BASIC COURSES**

**FUNCTIONAL ANATOMY (FA)**

Cost: \$275.00 (early registration: \$250.00)

- Oct 3,4,17,18, 2003 Fri 3:30-7:30pm, Sat 12-4pm
- May 7,8,14,15, 2004 Fri 3:30-7:30pm, Sat 12-4pm

**PERSONAL TRAINER COURSE (PT)**

Cost: \$475.00 (early registration: \$425.00)

- Sept 5,6,12,13,19,20, 26,27, 2003 Fri 5-7:30pm, Sat 12-4pm
- Nov 7,8,14,15,21,22, 28,29, 2003 Fri 5-7:30pm, Sat 12-4pm
- June 4,5,11,12,18,19 25,26, 2004 Fri 3:30-7:30pm, Sat 12-4pm

**STOTT PILATES™ PROGRAMS**

**INTENSIVE MAT-PLUS™ (IMP)**

Cost: \$1150.00 (early registration: \$950.00)

- Sept 12,13, Oct 10,11, Nov 7,8 & Dec 5,6, 2003 Fri & Sat 12-5:30pm
- Nov 14,15, Dec 12, 13, 2003, Jan 9,10 & Feb 6,7 2004 Fri & Sat 12-5:30pm
- Mar 5,6,19,20, Apr 2,3, 16,17,30, May 1, 2004 Fri & Sat 12-5:30pm

**INJURIES & SPECIAL POPULATIONS (ISP)**

Cost: \$1250.00 (early registration: \$1075.00)

- Feb 8-11, 2004 Sun-Wed 10am-4:30pm

**ADVANCED MATWORK™ (AM)**

Cost: \$225.00

- Oct 26, 2003 Sun 9am-3pm
- June 16, 2004 Wed 9:30am-4pm

**ADVANCED REFORMER (AR)**

Cost: \$725.00

- Jan 23-25, 2004 Fri & Sat 12-6pm Sun 9am-3pm
- July 12,14,19,21, 2004 Mon & Wed 12-4:30pm

**ADVANCED CADILLAC, CHAIR & BARRELS (ACCB)**

Cost: \$575.00

- Feb 6 & 7, 2004 Fri & Sat 12-6:30pm

**REHABILITATION MODULE 1 (RMR1)**

Cost: \$1250.00 (early registration: \$1150.00)

- Sept 7-10, 2003 Sun-Wed 9am-4pm

**REHABILITATION MODULE 2 (RMR2)**

Cost: \$1250.00 (early registration: \$1150.00)

- Nov 9-12, 2003 Sun-Wed 9am-4pm

**INTENSIVE REFORMER (IR)**

Cost: \$1950.00 (early registration: \$1800.00)

- Sept 19,20, Oct 17,18, Nov 21,22, Dec 19,20, 2003 & Jan 16,17, 2004 Fri & Sat 12-5:30pm
- Feb 27,28, Mar 26,27, Apr 23,24, May 21,22, June 25,26, 2004 Fri & Sat 12-5:30pm

**INTENSIVE CADILLAC, CHAIR & BARREL (ICCB)**

Cost: \$1950.00 (early registration: \$1800.00)

- Feb 18,25, Mar 3,10,17, 24,31, Apr 7,14,21, 2004 Wed 10:30-4pm

**COMPREHENSIVE MAT & REFORMER (CMR)**

Cost: \$3100.00 (early registration: \$2900.00)

- Oct 3, 2003-Jan 27, 2004 Call for Syllabus
- May 7-Oct 22, 2004 Call for Syllabus

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## WORKSHOPS & CONTINUING EDUCATION

### FITNESS CIRCLE®

Cost: \$55.00

- Nov 22, 2003 Sat 12–2pm
- May 19, 2004 Wed 12–2pm

### STABILITY BALL

Cost: \$55.00

- Oct 25, 2003 Sat 12–2pm
- Feb 21, 2004 Sat 12–2pm

### ARC BARREL

Cost: \$55.00

- June 21, 2003 Sat 12–2pm
- Sept 27, 2003 Sat 12–2pm

### STABILITY CHAIR™

Cost: \$55.00

- Oct 4, 2003 Sat 12–2pm
- Mar 13, 2004 Sat 12–2pm

### POSTURE ANALYSIS

Cost: \$65.00

- Nov 2, 2003 Sun 10am–1pm

### MARKETING PILATES INTO YOUR CLUB

Cost: \$65.00

- Dec 6, 2003 Sat 12–3pm

### YOGA WORKSHOP

call 1-866-526-4581 to register

- Aug 30,31, 2003 Sat 12–4pm, Sun 9am–4pm

### CERTIFICATION EXAM FEES

- Level 1 or 2 \$250.00
- Retake Written \$100.00
- Retake Practical \$150.00
- Hourly Instructor Trainer Fee \$75.00

### HOSTING COURSES

- IMP \$5060.00 plus applicable expenses
- IR \$6325.00 plus applicable expenses
- CCB \$6325.00 plus applicable expenses



Sweatshop Health Club  
167 Snelling Avenue North  
Saint Paul, MN 55104

1-866-TO-SWEAT www.sweatshopfitness.com 651-646-8418

Prices subject to change.