

# Maximize your space and Increase profits with Pilates!



Split-Pedal Stability Chair with Handles

## Introducing... Our new Stability Chair Studio Starter Packages!

Starting or expanding an equipment-based Pilates program has never been easier or more economical. Our new Starter Packages come with all the equipment, accessories and instructor training options you need to create a profitable program. Renowned for its superior design, durability and unparalleled support, our Split-Pedal Stability Chair is ideal for any level of participant from beginner to elite athlete. Compact and easy to move, the Stability Chair is perfect for studios or gyms with limited space.

### Follow these easy and cost-effective steps

#### › STEP 1 Get Started

##### With Training Options

<b>Training:</b>	<b>Intensive Stability Chair Course*</b>	<b>15 hours</b>
	<b>OR Stability Chair Workshops:</b>	<b>12 hours</b>
	› Essential Stability Chair	4 hours
	› Group Stability Chair with 5 progressive workouts	2 hours
	› Intro to Split-Pedal Stability Chair, Part I	3 hours
	› Athletic Conditioning on Split-Pedal Stability Chair	3 hours

**Materials:** Complete Stability Chair Manual\*

**Equipment:** Split-Pedal Stability Chairs, Reformer Boxes, Padded Platform Extenders, Deluxe Pilates Mats

**CHOOSE:** 3 Split-Pedal Stability Chairs & train 6 instructors for **\$6,449**  
 4 Split-Pedal Stability Chairs & train 8 instructors for **\$7,749**  
 or 6 Split-Pedal Stability Chairs & train 12 instructors for **\$10,349**

**Note:**\*Must have completed the Intensive Mat-Plus™ and Intensive Reformer Courses to take the Intensive Stability Chair Course. Essential and Intermediate Stability Chair, and Split-Pedal Stability Chair DVDs required for 15-hour Stability Chair Course.

**Additional fees on all courses and workshops.** Package does not include Instructor Trainer's travel costs, or shipping. Costs are based on location of facility. This package may not be combined with any other offer. Price includes discounts. Upon completion of course and/or workshops, all participants will receive a STOTT PILATES® letter of attendance. Leasing options may apply.

#### › STEP 2 Add Programming Options

##### Continuing Education Workshops

**Training:** **Stability Chair Programming**  
**Choose 6 Hours from the Following:**

› Intermediate Stability Chair	4 hours
› Split-Pedal Stability Chair, Part II	2 hours
› Prenatal Pilates on the Stability Chair	2 hours
› Advanced Stability Chair	2 hours
› Intermediate Stability Chair: Functional Anatomy Cueing & Correcting	2 hours

Keep your members engaged and instructors energized. Train 8 to 12 Instructors for **\$1,400** – 6 hours.

Corresponding DVD titles for each workshop and additional small props to expand programming options are available. Ask us about package pricing. Contact your Full Solutions™ Representative for more information.

