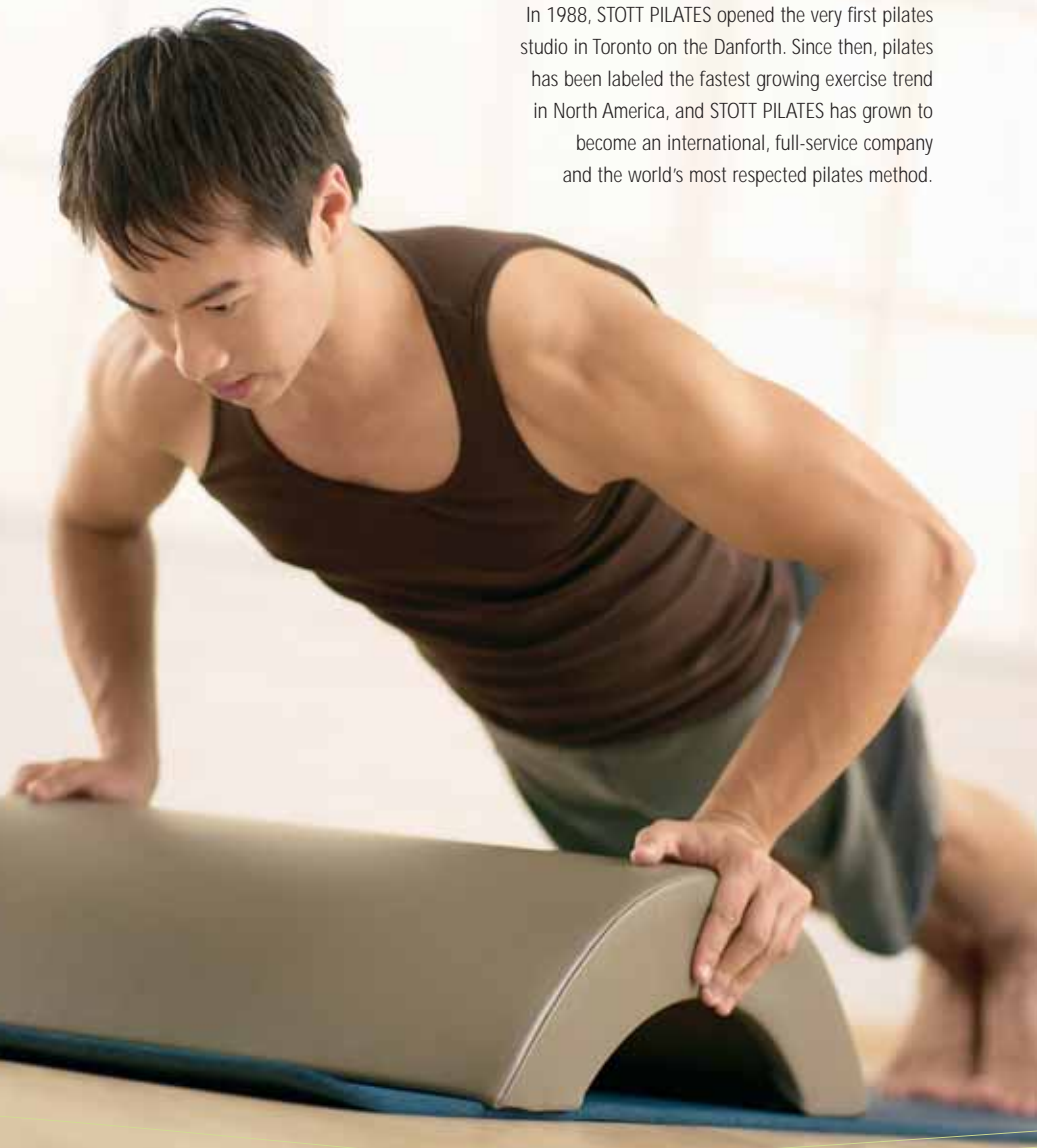


what is STOTT PILATES?

The STOTT PILATES method is a safe and highly effective contemporary approach to the original exercise method pioneered by the late Joseph Pilates.

With every scientific advancement, we continue to develop and refine the method to ensure that it remains current, relevant and yields positive results.

In 1988, STOTT PILATES opened the very first pilates studio in Toronto on the Danforth. Since then, pilates has been labeled the fastest growing exercise trend in North America, and STOTT PILATES has grown to become an international, full-service company and the world's most respected pilates method.



the benefits of STOTT PILATES exercise

Increase muscular tone and endurance

Combine strength with flexibility

Develop balance and coordination

Improve posture and alignment

Boost core strength and stability

Refine athletic performance

Heighten body awareness

Relieve stress and back pain

Prevent injury



STOTT PILATES One for all



education

We are the world's largest pilates educator, with more than 12,000 trained instructors across the globe, many of whom studied at our Toronto studio. If you are interested in the STOTT PILATES education program contact us at education@stottpilates.com

equipment

Our client studio is outfitted with our full line of high calibre equipment including the Reformers, Stability Chairs, Cadillacs, Barrels and light equipment accessories such as BOSU® balance trainers, Fitness Circle® resistance rings, Stability Balls, Flex-Band® exercisers, Toning Balls and more. For information contact sales@stottpilates.com

home workout tools

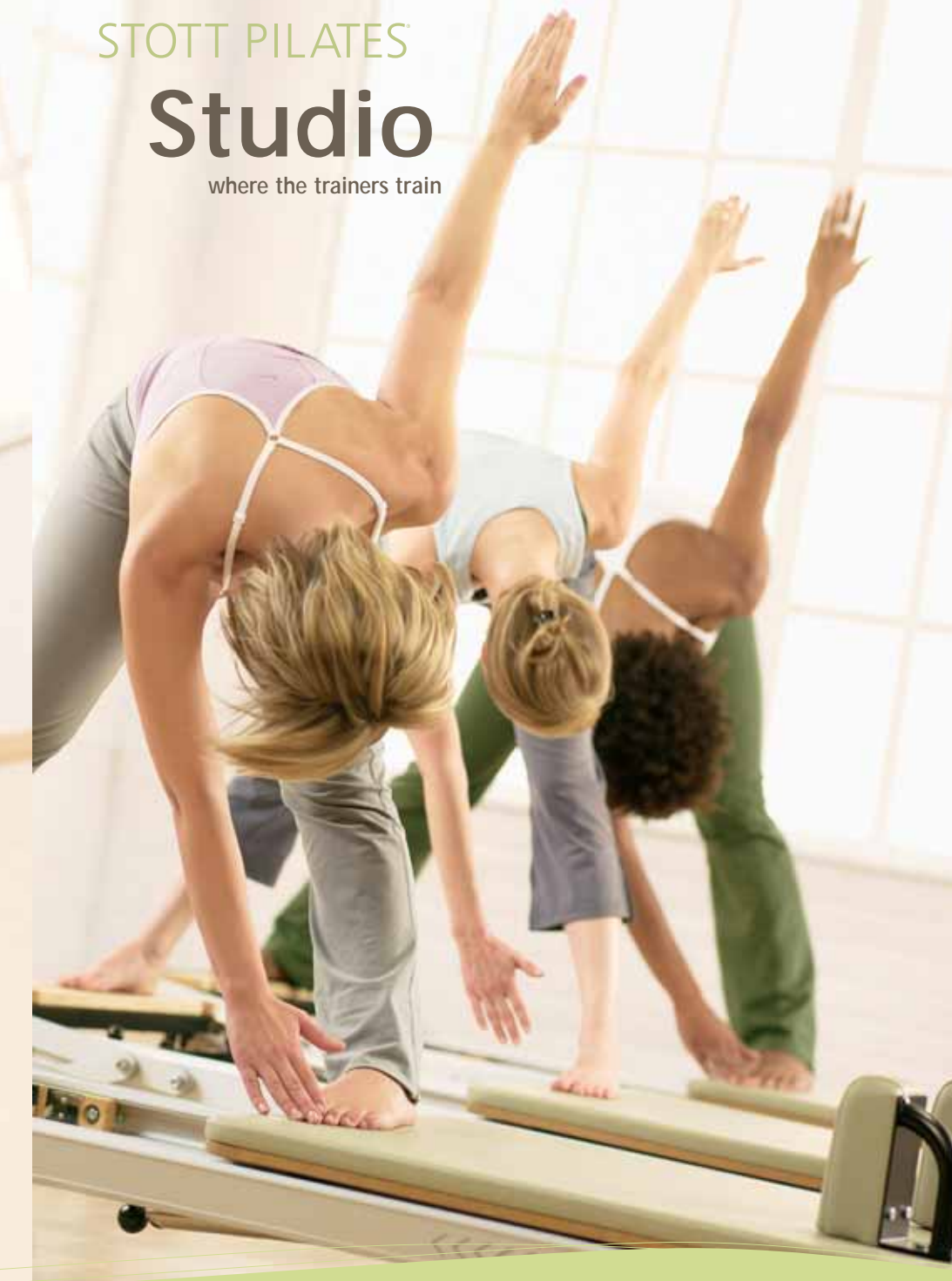
In between sessions, practice what you've learned at home. Choose from more than 70 award-winning exercise video titles (in DVD and VHS format). We also offer gift packs and fitness accessories to complement your home workout routine. Purchase any of these items at the studio, order by phone at 1-800-910-0001 or shop online at www.stottpilates.com



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Email studio@stottpilates.com

www.stottpilates.com

STOTT PILATES Studio where the trainers train





Welcome

to the STOTT PILATES Studio,
Toronto's first pilates studio.

Our peaceful, sunlit facility provides a space for certified instructors, students and clients to practice the STOTT PILATES method in an environment committed to mind-body balance. Whether you've been practicing pilates for years or are just beginning your journey, the STOTT PILATES studio can help you achieve your mind-body fitness goals.

the sessions

We recommend that everyone completes a one-on-one introductory session followed by five private sessions to establish a foundation in the technique. This also allows us to evaluate your needs and tailor a personalized program that will be most effective for you. After your introduction to STOTT PILATES, the following options are available:

- ▶ **Private** – one-on-one training
- ▶ **Semi-private** – work out with a friend or another STOTT PILATES client
- ▶ **Group classes** – join a regularly scheduled group class or coordinate your own group of three to six people.

Sessions are typically one hour in length; however, additional time may be booked in half-hour increments.



the instructors

STOTT PILATES is proud of our outstanding team of instructors, all highly qualified fitness professionals certified in our method. Each instructor brings his or her own rich experience to your session. We recommend working with more than one instructor to benefit from different teaching styles and accommodate your schedule.

apprenticing instructors

If you choose to work with an apprentice you will receive \$25 off your session. The rebate is applied directly to your account.

If you are injured, pregnant or have recently had a baby, please advise the instructor so appropriate modifications can be given.

levels of difficulty

Essential: For those who are new to pilates or less physically active, Essential level classes introduce the Five Basic Principles and teach fundamental exercises at a comfortable pace.

Essential/Intermediate: This level is geared toward someone with a strong grasp of the STOTT PILATES method and is ready to incorporate new exercises at a more continuous pace.

Intermediate: Intermediate classes offer added challenge for those at a more advanced fitness level who are comfortable with a variety of pilates exercises.

group classes

Group Matwork – A mat-based class that incorporates small equipment. Offered at the Essential and Intermediate levels, matwork helps participants establish core strength and stability.

Group SPX™ Orientation – This 90-minute session will introduce you to the reformer and explain the STOTT PILATES Five Basic Principles. This class is the prerequisite for the group reformer classes. No reformer experience necessary.

Group SPX Reformer – Experience a workout on our most popular piece of equipment, the Group SPX Reformer. In order to participate in this class, you must take the Group SPX Reformer Orientation beforehand.

Circuit Training* – Challenge yourself with a non-stop group workout using different pieces of STOTT PILATES equipment and fitness accessories.

* Must be familiar with equipment to participate.

Teen Pilates – This mat-based class teaches Essential level exercises in a workout designed to build muscle strength, ease exam anxiety, and improve posture. It's also a great cross-training option for those on school athletic teams.

Hatha Yoga – A great complement to pilates training, our Hatha Yoga class teaches a series of postures and conscious breathing, in combination with mental focus, to develop awareness, stamina, flexibility and relaxation.

about the studio



facilities

STOTT PILATES' large, spacious studios are outfitted with our professional and versatile equipment. Changerooms, lockers, towels, showers (with soap, shampoo & conditioner), spring water, a lounge and telephone are available for your comfort and convenience.

Please note that we do not allow food or beverages other than bottled water into the studio.

workout attire

Please wear comfortable, non-restrictive exercise clothing. Try to avoid bulky garments – the ability to see your body movements is important for reaping maximum benefits from the exercises. Shoes are not permitted in the studio. You may wear socks or go barefoot during your lesson or class. Although we supply you with all the equipment you need for your workout, please feel free to bring your own mat or a towel if you feel more comfortable.

location

The studio is located at the southwest corner of Yonge and Eglinton at 2200 Yonge Street, Suite 500. Parking can be accessed from Berwick Avenue, south of Eglinton and west of Yonge. Additional municipal parking lots are located on Holly Street, east of Yonge and south of Eglinton.

booking your session

To book sessions or for information contact: 416-482-4050 ext. 221 or email studio@stottpilates.com

fee structure

Sessions may be purchased individually or at special package rates of five, ten, twenty or forty sessions. Packages are time-limited based on the date of your last visit. If your account has been inactive for 12 months, it will automatically expire. Talk to a Studio Coordinator for specific schedule and fee information.

billing

All sessions are booked by appointment and are automatically billed to your account. We provide a number of payment options for your convenience: cash, cheque, VISA, MasterCard, American Express and debit cards are all accepted.

cancellation

We request 24-hours notice to either cancel or reschedule your session. This covers the cost of reserving the instructor and studio space. You will be billed if you do not notify the studio at least 24 hours in advance.

visit

www.stottpilates.com/studio
for our most up-to-date
class schedule