

STOTT PILATES®

m merrithew CORPORATION

media contacts: Sarah Daniel | Melissa Franco
s.daniel@stottpilates.com | melissa@stottpilates.com
416-482-4050 X 294 | X 248

GLIDE THROUGH THE HOLIDAY SEASON WITH AN *AT HOME* SPX™ REFORMER PACKAGE

FOR IMMEDIATE RELEASE

TORONTO, September 28, 2005 – STOTT PILATES® the world's one-stop resource for top-quality pilates equipment and video instruction, has just launched the *At Home* SPX™ Reformer package so fitness enthusiasts can experience equipment-based pilates workouts in the privacy of their own homes.

Consisting of a sliding platform using ropes, pulleys and spring tension to provide unique multi-dimensional resistance, the reformer can be used for hundreds of exercises targeting all major muscle groups of the body. Ideal for busy people who want to save time and stay in shape during the holidays, the reformer has become the most asked about piece of equipment at gyms worldwide.

"We've seen increased interest from individuals of all ages wanting reformers they can use at home," said STOTT PILATES President and CEO Lindsay G. Merrithew. "We developed the *At Home* SPX™ Reformer so to give avid exercisers access to an affordable, commercial-caliber reformer when they don't have the time to go to the gym."

Used by fitness and health facilities around the world, STOTT PILATES reformers are lauded for their whisper-smooth patented rolling mechanism, unparalleled versatility and durability.

Constructed with easy-roll wheels and lightweight at only 100 pounds, the commercial quality *At Home* SPX Reformer can be rolled out of the way and stored when not in use. With the addition of accessories, the reformer can also be used to perform matwork or cardio-based plyometrics (cardiovascular jumping and walking exercises).

The *At Home* SPX™ Reformer package includes a Platform Extender, SPX Reformer Box with footstrap, and attractive chrome detailing. As well, the new reformer comes with an *At Home* Reformer workout DVD featuring Master Instructor Trainer and STOTT PILATES co-founder Moira Merrithew. The video provides a safety overview and an invigorating and effective total-body workout.

The *At Home* SPX™ Reformer package retails for USD \$2495 (CDN \$2,995) and is available for purchase directly through STOTT PILATES or authorized specialty fitness retailers. Visit www.stottpilates.com or call 1-800-910-0001.

Media please note: High resolution images are available by contacting melissa_franco@stottpilates.com.



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Head Office	Manufacturing
2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6 Telephone 416-482-4050 Facsimile 416-482-2742 E-mail info@stottpilates.com Toll-free North America 1-800-910-0001 UK 0800-328-5676	2071 McCowan Road, Scarborough, ON, Canada M1S 3Y6 Telephone 416-482-4050 Facsimile 416-752-9495 E-mail production@stottpilates.com

www.stottpilates.com