

FOR IMMEDIATE RELEASE

STOTT PILATES® & Can-Fit-Pro Officially Break Pilates World Record

Toronto, May 1, 2009 – Together leading fitness authorities, STOTT PILATES and Can-Fit-Pro, joined forces to set the Guinness World Record for the largest Pilates class on Saturday, August 16 at the Metro Toronto Convention Centre. As of January 29, 2009 Guinness World Records has confirmed and made this attempt official as the World's Largest Pilates Class to date. The final numbers accounted for over 623 participants who took part in the Matwork-based Pilates class that made fitness history. The successful record-breaking event was part of the third annual Can-Fit-Pro Consumer Fitness & Wellness Show held in Toronto, Ontario.

Fitness enthusiasts arrived with exercise Mats of all shades and styles in hand and meticulously arranged them row by row. Limited edition, commemorative t-shirts were provided by both organizers and participants took to them instantly. Lindsay G. Merrithew and Moira Merrithew, co-founders of STOTT PILATES and hosts of the event, opened with a warm and empowering welcome while media from all over came to witness the action. Lindsay is known for leading the development of STOTT PILATES' state-of-the-art line of commercial equipment including the revolutionary V2 Max Plus™ Reformer*. Moira, Executive Director of Education and Master Instructor Trainer led the high-impact workout exemplifying the basis of contemporary mind-body fitness. STOTT PILATES now celebrates over 20 years of achievement in the industry, and is known as the world's leading full-service Pilates company.

Celebrating over 15 years of success, Can-Fit-Pro, has established themselves internationally as the leading provider of health and fitness education. Each year they hold popular conferences nationwide featuring a diverse selection of workshop sessions, world-renowned lecturers and learning opportunities on the latest issues in the health and fitness industry. Can-Fit-Pro also helped organize the World's Largest Indoor Cycling Class in 2008.

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“This world record was more than just a gratifying experience for all – it was a celebration,” says Lindsay G. Merrithew, President and CEO of STOTT PILATES. “I’ve witnessed the growth of Pilates and I’m thrilled with its overwhelming popularity. The number of fitness professionals, Pilates practitioners and fitness enthusiasts in one room was inspiring – I could not think of a more memorable way to mark our 20th anniversary and how far this method of exercise has come.”

About STOTT PILATES

STOTT PILATES, a subsidiary of the Merrithew Corporation, is a full-service organization that provides high-caliber Pilates education, equipment and media worldwide. Founded in Toronto in 1988 by Lindsay G. Merrithew and Moira Merrithew, the company’s mission is to promote the benefits of mind-body fitness across the globe. STOTT PILATES has trained over 22,000 instructors in 94 countries, has three Corporate Training Centers, numerous hosting locations, and more than 55 Licensed Training Centers worldwide. www.stottpilates.com

About Can-Fit-Pro:

Can-Fit-Pro is the largest provider of education in the Canadian fitness industry. Delivering quality education, certification, conferences, trade shows, and membership services, Can-Fit-Pro now has over 17,000 members and continues to grow. Can-Fit-Pro members include some of the world’s most renowned fitness professionals, health club operators, industry suppliers, and fitness consumers.

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