

FOR IMMEDIATE RELEASE

STOTT PILATES® OPENS ITS DOORS TO ALL FITNESS PROFESSIONALS!

TORONTO, October 21, 2009 – Toronto-based international Pilates organization, STOTT PILATES®, will be holding a workshop day exclusively for fitness professionals in Toronto on October 24, 2009. Pilates professionals, personal trainers, aerobic instructors, dance instructors and physical therapists alike are invited to experience what STOTT PILATES® education has to offer.

Taking place 6am-6pm at Le Méridien King Edward Hotel, attendees will partake in a wide variety of sessions lead by high-profile STOTT PILATES® Instructor Trainers. This is also a great opportunity for attendees to mingle with other like-minded fitness professionals, to ask questions about the STOTT PILATES® method of exercise share their expertise and learn about new Pilates products in the marketplace. Fitness professionals who would still like to register can do so by downloading the registration form from www.stottpilates.com/coe, or by enrolling the day of the event.

Often referred to as the “Ivy League” school of Pilates, STOTT PILATES® is continuously working with health and fitness professionals to develop new and exciting innovations in programming and equipment to help in the areas of rehabilitation, athletic performance, injury prevention, active aging, and physical therapy. “Pilates is one of the fastest-growing forms of exercise that people of all ages, fitness abilities, and levels are turning to for mind-body exercise, says Moira Merrithew, Executive Director of Education at STOTT PILATES®. “Ambitious instructors, who obtain professional instruction and expand their knowledge base to include special populations covering the de-conditioned exerciser to the very fit, become very marketable,” explains Lindsay G. Merrithew President and CEO of STOTT PILATES®.

The STOTT PILATES® course curriculum and workshop content leaves students with a depth of knowledge and practical programming options to teach effective group or personal training programs to clients of any age or fitness level. The company’s mission is to promote the benefits of contemporary mind-body fitness worldwide, and with over 10 million people in North America alone involved in this unique form of exercise, there is no denying that Pilates is an exercise for a lifetime. Whether familiar or unfamiliar with STOTT PILATES®, fitness professionals from every discipline are invited to take part in the workshop line-up and enhance their career with STOTT PILATES®. Visit www.stottpilates.com

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STOTT PILATES®, a subsidiary of the Merrithew Corporation, is a full-service organization that provides high-caliber Pilates education, videos and equipment 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. Visit www.stottpilates.com

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