

STOTT PILATES®



Join us this February for a STOTT PILATES

Workshop

STOTT PILATES® workshops are formulated to expand programming options for group classes and private training. These informative sessions will increase your teaching repertoire. Increase your earning potential. Recognized as the gold standard in the industry, our workshops are designed for Pilates instructors and fitness professionals alike. All workshops qualify for STOTT PILATES Continuing Education credits and carry no prerequisites.

Develop your skills with innovative STOTT PILATES programming at Practice Fitness, Dayton, Ohio.

<p>Pilates with the Medicine Ball</p> <p>The medicine ball is a staple in any traditional fitness routine. Now, learn how you can use this simple prop to add the elements of intensity and challenge to your Pilates workout. This innovative program developed by the Merrithew Health & Fitness™ team, takes tried and true STOTT PILATES® Matwork moves and mixes them up with the portable weight of the medicine ball – resulting in unique variations and dynamic combinations sure to give a boost to any fitness routine.</p> <p>* Athletic Conditioning Specialty Track</p> <p>Date: 09, February, 2014 Time: 9:00am-11:00am Cost: \$100.00 Deposit: \$20.00 STOTT PILATES CECs, ACE: 0.2</p>	<p>Athletic Conditioning on the Reformer, Level 3</p> <p>This high-level workshop developed by the Merrithew Health & Fitness™ team, is an intense athletic-based program. Discover how the Reformer can function like a traditional fitness tool as opposed to strictly facilitating Pilates moves. The Reformer Box is featured to assist exercises that reflect sport-specific drills from football, track, swimming, gymnastics rowing etc. This programming is perfect for very fit and accomplished sports enthusiasts.</p> <p>* Group Equipment Specialty Track</p> <p>Date: 09, February, 2014 Time: 11:30am – 1:30pm Cost: \$100.00 Deposit: \$20.00 STOTT PILATES CECs, ACE: 0.2</p>	<p>Matwork Flow Conditioning Sequence Workout</p> <p>Bring a sense of flow and energy to any Matwork routine with this enlightening workout, developed by the Merrithew Health & Fitness™ team. Using breath to promote focus and the quality of movement, learn innovative movement transitions and discover sequences designed to increase overall body conditioning and control. Exercises are selected to improve strength and stability along with flexibility and suppleness.</p> <p>* Group Matwork and Dance Specialty track</p> <p>Date: 09, February, 2014 Time: 2:00pm – 4:00pm Cost: \$100.00 Deposit: \$20.00 STOTT PILATES CECs, ACE: 0.2</p>
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Deposit due at Registration and Final payment due January 31, 2013

10% off if registered by December 20, 2013

Save an additional \$10 per session when you bundle all three workshops!

For information or to register, please contact:

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Practice Fitness

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