



Join us this May 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.

Pilates with the Medicine Ball

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.

Date: 18, May, 2014

Time: 9:00am – 11:00am

Cost: \$100.00

\$20.00 deposit due at registration

Final payment due May 10, 2014

Athletic Conditioning Specialty Track

STOTT PILATES CECs, ACE: 0.2

Athletic Conditioning on the Reformer

Learn to take your clients' game to the next level in this sports conditioning workshop, developed by the Merrithew Health and Fitness™ team. Improve strength, power and agility through new variations of familiar exercises that challenge unilateral movement, weight transference and core stability. This workshop has a special focus on the core, arms, legs, shoulders and hips as well as rotation. Learn a format on the Reformer perfect for your sports enthusiast clients and athletes of all levels.

Date: 18, May, 2014

Time: 11:30am – 1:30pm

Cost: \$100.00

\$20.00 deposit due at registration

Final payment due May 10, 2014

Group Equipment Specialty Track

STOTT PILATES CECs, ACE: 0.2

Matwork Flow Conditioning Sequence Workout

Bring a sense of flow and energy to any Matwork routine with this enlightening workout, developed by the Merrithew Health and 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.

Date: 18, May, 2014

Time: 2:00pm – 4:00pm

Cost: \$100.00

\$20.00 deposit due at registration

Final payment due May 10, 2014

Group Matwork and Dance Specialty Track

STOTT PILATES CECs, ACE: 0.2

10% off if registered by April 18, 2014

For information or to register, please contact:

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Practice Fitness

5575 Far Hills Avenue, Dayton, OH 45429



STOTT PILATES is recognized by the American Council on Exercise as a Continuing Education Specialist.

