



## Join us this April 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 in Dayton, Ohio

### STOTT PILATES® Matwork Strength & Mobility

Comprised of a series of simple movements that challenge overall strength and mobility with stability, this workshop developed by the Merrithew Health & Fitness™ team, uses only the body's own resistance. Fundamental Pilates principles are added to less traditional moves to focus on mobilization, while balancing the musculature around the joints. Particular attention is paid to balancing mobility and muscular balance in the lower kinetic chain, specifically the knee, hip, ankle and foot.

**Date:** 6, April, 2014

**Time:** 9:00am – 11:00m

**Cost:** \$100.00

**Deposit:** \$20.00 (Due at registration)

**Final payment due on March 28, 2014**

**10% off if registered by February 28, 2013**

**STOTT PILATES CECs, ACE: 0.2**

**Golf Conditioning & Group Matwork Specialty Track**

### STOTT PILATES® Mini Stability Ball Workout

This energizing workout, developed by the Merrithew Health and Fitness™ team, incorporates the 12-inch Mini Stability Ball™ to create total-body strengthening and conditioning. These exercises work on improving posture with a major focus on core stability and back mobility while also lengthening and strengthening the surrounding muscles. Keeping the elements of the STOTT PILATES Five Basic Principles in mind, learn how to add variety and fun to traditional Matwork routines.

**Date:** April 6, 2014

**Time:** 11:30am-1:30pm

**Cost:** \$100.00

**Deposit:** \$20.00 (Due at registration)

**Final payment due on March 28, 2014**

**10% off if registered by February 28, 2013**

**STOTT PILATES CECs, ACE: 0.2**

### STOTT PILATES® Athletic Conditioning on the Reformer, Level 4

This extreme Reformer workshop developed by the Merrithew Health & Fitness™ team draws from the unique and challenging exercises from previous athletic conditioning workshops and intensifies them. The result is a series of advanced-level moves that place major emphasis on strength and stability of the upper body. This demanding program is presented more as a collection of exercises that can be woven into any other workout and less as a full workout on its own.

**Date:** 6, April, 2014

**Time:** 2:00pm – 4:00pm

**Cost:** \$100.00

**Deposit:** \$20.00 (Due at registration)

**Final payment due on March 28, 2014**

**10% off if registered by February 28, 2013**

**STOTT PILATES CECs, ACE: 0.2**

**Group Equipment Specialty Track**

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

#### For information or to register, please contact:

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

