



merrithew™

leaders in mindful movement™

Education for Fitness Professionals



STOTT PILATES®

zenoga®

CORE™

totalbarre.

HALO®
TRAINING



Why train with Merrithew™?

With the universal quest for longevity, an aging population, and the importance of combating obesity at an all-time high, people are seeking long-term health and lifestyle solutions. As the Leaders in Mindful Movement™, Merrithew helps Instructors gain knowledge that will meet these needs.

Quality education is the key. Our curriculum, based on our tried and true philosophy that effective and responsible exercise is the foundation to a better lifestyle regardless of age or fitness level, is continually updated to ensure it complies with the latest modern exercise science and is relevant to fitness professionals, facility operators and clients.

Variety is the spice of life. Instructors who tailor their teaching approach to working with all walks of life, fitness abilities, ages and levels will be the most marketable. Specialty programs are now available for clients who are sports fanatics wanting to build core strength; elite athletes wanting to prevent or attend to injuries; rehab clients who want to enhance their fitness ability; and mature adults who simply want to make getting out of bed easier.

Location. Location. Location. Training and certification programs are available at over 100 locations around the globe. Courses are offered at our Toronto Corporate Training Center, select Licensed Training Centers and Host Training Centers.

Yours in good health,

Lindsay G. Merrithew
PRESIDENT & CEO

Moira Merrithew
EXECUTIVE DIRECTOR, EDUCATION



A New Vision for Mindful Movement.

Our education offering illustrates the evolution of mindful movement and how our premier fitness brand, STOTT PILATES®, is the foundation upon which our new and growing mind-body modalities are based. The modern principles of exercise science are inherent in all of our modalities while also incorporating newer fitness practices such as fascial fitness, biomechanics of movement, functional fitness and core-integrated bodyweight training, all while maintaining the mind-body connection.

Our programs broaden our reach in the health and fitness industry providing opportunities for personal trainers, health care professionals, group fitness instructors, athletes and other specialists to diversify their knowledge base and cater to a wider client base.

Mindful Movement can be practiced by all ages, fitness backgrounds and abilities — helping professionals and clients to lead healthier, more active and mindful lives.



Additional Courses and Workshops

Foundational knowledge for any movement professional.
Fascial Movement | Anatomy

* HALO® is a registered trademark of HALO Rehab and Fitness, LLC.



STOTT PILATES®

The contemporary approach to the original Pilates method based on modern principles of exercise science and rehabilitation.

Our signature STOTT PILATES education method is unparalleled in the industry for its thoroughness and quality. Our training has often been called the “Ivy League” of Pilates education. It’s a reputation that we are proud of and a philosophy and method you can build a career on.

Our students come to us from many different paths, including both new and experienced Pilates Instructors as well as personal trainers, group fitness instructors, yoga teachers, health care professionals and more. With a full range of Pilates Instructor training programs from Matwork and Reformer to the Cadillac, Chair & Barrels, our education is designed in specific modules so you can select your own path based on your schedule and budget.

Certification Programs

With both the Intensive and Comprehensive certification programs you’ll learn the STOTT PILATES Five Basic Principles; effective communication and observation skills; verbal cueing and imagery; modifications for specific body types; postural issues and conditions; theory and practice of postural analysis; and exercise layering related to effective program design.

Professional Development and Continuing Education

All fitness and health care professionals can learn and benefit from the STOTT PILATES method with no prerequisites. With over 150 workshops to choose from, our introductory and continuing education workshops can supplement your current training and programming. They cover everything from the Fundamentals, Sport and Athletic Conditioning, to Rehabilitation and Special Populations.

Become a Specialist

Set yourself apart by becoming a STOTT PILATES Specialist in the field of your choice. All workshops are open to any fitness professional but only STOTT PILATES Certified Instructors who complete eight workshops within each category are eligible to receive the designation.



Active for Life

Specialized programming for the active aging population — learn to adapt the STOTT PILATES Principles and exercises for the active boomers and older adults. Address issues such as restricted mobility.



Athletic Conditioning

For those who work with very fit and accomplished athletes — learn to improve strength, power and agility, while challenging unilateral movement, weight transference and torso rotation. Take your clients to a new level of athletic performance.



Dance

Dance-inspired programs help clients build strength and stability while improving balance and flexibility. Learn specially designed exercises that combine fluidity of movement with sound biomechanical fundamentals.



Golf Conditioning

Give your clients that extra edge. Learn exercises designed to increase strength, balance, flexibility and power. Condition the entire body, enhance core stability and body awareness to help boost performance on and off the green.



Group Equipment

Group classes on equipment can be fun and invigorating with an experienced and qualified Instructor. Learn both classic and highly inventive exercises to guarantee stimulating sessions at a variety of levels.



Group Matwork

Teaching effective and inspiring group Matwork classes requires skill, creativity and a complete repertoire of exercises. Learn techniques and selections to maintain motivation and ensure improvement even with a wide spectrum of clients.



Interdisciplinary

Learn to create Matwork and equipment-based workouts that draw from a number of disciplines creating flowing, functional movement sequences. These workshops teach STOTT PILATES modifications that focus on balance, control, fascia and restoration and result in fluid and harmonious workouts.



Pre- & Post-Natal

Take moms-to-be from traditional Matwork to variations that address their changing bodies. Learn appropriate exercise adaptations taking individual factors into consideration such as fitness level and health concerns.



Post-Rehabilitation Conditioning

For clients with injuries or special conditions — zero in on areas of the body which are most commonly injured. Learn to help your clients maintain strength after rehab and prevent future injuries.



A high-energy and dynamic program that integrates elements of Pilates, dance, cardio and strength training, and is fully expandable and adaptable to any client base.

Learn choreography, exercise essence and correct biomechanics of movement, as well as how to effectively utilize the power of music to create safe and fun barre classes that focus on increasing strength, flexibility, stamina and dynamic stability. It truly is a program geared for everyone!

Foundation Course

The Total Barre Foundation Course provides the groundwork for Instructors to produce safe, effective and varied barre programs. The course presents 11 specially arranged and selected segments — accompanied by timed selections of music — that serve as the template for each session or class and produce a balanced and complete workout.

Professional Development and Continuing Education

These sessions focus on exercise progressions, movement form and efficiency, and the importance of cueing with music for movement quality. Workshops provide Instructors with pre-programmed workouts specifically designed to address a specific aspect of training or to suit a particular target group.





A unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements that emphasize the breath.

Learn to program workouts and integrate exercises in a playful yet powerful mix of three-dimensional circular and wave-like patterns designed to stimulate the fascia and take stress off the joints.

Foundation Courses

The ZEN•GA Mat and Equipment Foundation Courses teach four Mindful Movement Principles and demonstrate how to apply them to movement sequences that emphasize proper breathing and posture and vary in tempo, load and intensity. Participants will benefit in all areas of wellness, from muscular strength, endurance and mobility to stability without rigidity. Most importantly, they will develop an increased sense of self.

Professional Development and Continuing Education

Comprised of both mat- and equipment-based material, these sessions focus on particular areas of the course, including breath, fascial lines and fluidity, for an increased depth of knowledge.



An athletic conditioning education method engineered for total-body power, strength and agility.

This unique training program focuses on functional fitness targeting core strength and kinesthetic awareness, leading to improvements in total-body strength and power. This multi-layered system is designed to help retrain unbalanced muscles, initiate the core, and build strength from within that will transfer on and off the playing field!

Foundation Course

The CORE™ Athletic Conditioning & Performance Training™ Foundation Course introduces important concepts of athletic conditioning and performance training. Emphasis is placed on using 11 Foundational Principles when training athletes, covering alignment and biomechanics for optimal performance. In addition, components of athletic conditioning are reviewed including resistance training methods, plyometric training, balance training, and speed and agility training.

Professional Development and Continuing Education

These workshops incorporate the various concepts covered in the course while utilizing a variety of large and small equipment options to provide targeted training strategies. Although it helps to have prior CORE training, these workshops are not restricted to those who have completed the Foundation Course, so anyone can benefit from the information provided.



A versatile training program and tool that promote functional strength and stability for all of your clients – from post-rehab to elite athletes.

Halo Training® is a multi-functional and three-dimensional exercise program that incorporates the science of core-integrated bodyweight training with the use of the Halo Trainer Plus and Stability Ball. The program offers exercises that follow unique progressions or regressions designed to increase functional strength and stability for a client at any level of condition from rehab through to athletic performance training.

Foundation Courses

The Halo Training Instructor Foundation Courses (Part 1 & Part 2) present the concepts of interval training principles and variables, the theories of both timed- and repetition-based programs, and exercise sequences that progress through beginner, intermediate and advanced levels (for client levels 1 to 4). Learn a variety of interval workouts focusing on providing overall body conditioning that incorporates strength and endurance work, flexibility training, recovery and injury prevention. Discover progressions and regressions that alter the difficulty level and meet the needs and goals of a variety of clients and groups.

Professional Development and Continuing Education

This series of workshops provides fitness professionals, movement specialists and rehab and post-rehab professionals with additional strategies to create progressive exercise programs utilizing interval training models and post-rehabilitation concepts with a multi-dimensional approach. Develop techniques for altering training variables that make Halo Training appropriate for any stage of rehabilitation, post-rehabilitation, functional training or high-level performance coaching.

Note to course or workshop participants, Halo® Instructor Training is a unique, high-intensity interval training program that requires a high level of fitness, and is not suitable for those recovering from injury, pre-natal/post-natal participants or those unused to cardio-based exercise.





Fascial Movement

An in-depth look at one of the most crucial building blocks of the body, the neuromyofascial system, and how it relates and applies to movement based on the latest in scientific research.

Merrithew Fascial Movement courses and workshops are intended for fitness professionals, movement therapists, personal trainers, yoga instructors, Pilates trainers and manual therapists looking for simple movement techniques to enhance their therapeutic practices.

Foundation Course

The Merrithew Fascial Movement Foundation Course, Level One is intended for those already working in the fields of fitness, therapeutic movement and rehabilitation. The lecture component of the course reviews basic fascial anatomy and physiology and explores the latest research findings on the neuromyofascial skeletal system. The application component of the course introduces the Fascial Movement Variables (FMVs).

These movement variables are applicable to all forms of exercise: Pilates, yoga, dance, barre, athletic conditioning, sports performance and rehabilitation.



A Global Reach: Training Facilities Worldwide

Merrithew Education is available at over 100 locations around the globe. Courses and workshops are offered at our Toronto Corporate Training Center, select Licensed Training Centers and Host Training Centers or can be hosted on-site at your location for your convenience. Whichever option you choose, you can be sure to get the same high-quality instruction.

Corporate Training Center

Give yourself the benefit of starting or continuing your education at the Toronto Corporate Training Center, where instructors come from all over the world to train.

Licensed Training Centers

Merrithew has an extended family of Licensed Training Centers that have been carefully selected to deliver our elite training, on our precision equipment. Licensed Training Centers adhere to standards of operation to ensure consistent delivery of our programs and services.

Host Training Centers

Select courses and workshops are available at a variety of Hosting Facilities around the world. Certified Instructor Trainers travel to these locations to offer our Intensive curriculum, plus introductory workshops, new programming and continuing education on Merrithew equipment.

To find out more visit: merrithew.com/instructor-training

If your location is not supported by an existing Licensed Training Center and you're interested in hosting courses or workshops, email educationsales@merrithew.com or call **1.800.910.0001 ext 297**

STOTT PILATES® zenoga® CORE™ totalbarre. HALO TRAINING





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