

Create Stability...

...with our **Five Steps to Success**

Your STOTT PILATES Full Solutions™ consultant can offer a variety of tools to help you build your business.

Five Steps to Success

- Create and hire qualified Pilates instructors
- Determine available space for appropriate programming
- Assess equipment needs for your programming
- Implement the program with effective timelines and marketing
- Continually measure your success

Contact a Full Solutions Business Consultant Today!

email fullsolutions@stottpilates.com or call 1-800-910-0001 ext 203

...in your Space with STOTT PILATES® Bundles.

Now you can get our popular studio equipment with all the accessories you need at one low price. Simply select a bundle that suits your space best and discover the endless possibilities these comprehensive packages have to offer!



Bundle options feature: The complete range of STOTT PILATES Reformers, Split-Pedal Stability Chair,™ Ladder Barrel, a complete equipment line-up for small spaces, and other equipment

Order Today!

call 1-800-910-0001 or 416-482-4050 order online www.stottpilates.com

Looking for **Stability?**

STOTT PILATES® can help.



Valuable Tips Inside!



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 **merrithew** CORPORATION

Create Stability... ...in your Work & Life. ...in your Career! ...

Dear Fellow Fitness Professionals,



What does stability mean to you? For some it's the comfort of steady revenue flow for your club, studio or health and wellness facility. For others it's the satisfaction of servicing new and old clients and enjoying unwavering client retention. For many it's the feeling of creating a strong and firm body able to support resistance from any angle. And finally for even more, it's the security of a career in the fitness industry that's the highest-paid and most sought-after around. Whether you fit into one of these categories, or all of them, 2010 is the year to build more stability in your professional and personal life.

Yours in good health,

Lindsay G. Merrithew
President & CEO

Moira Merrithew
Executive Director, Education

...in your Core

This year reinvent your workout with stylish accessories from STOTT PILATES. Our new and colourful Pilates & Yoga Mats, matching aluminum Water Bottles and Non-Latex Flex-Bands will help you get fit without breaking the bank.



Stay fit and focused with the world's largest, award-winning Pilates DVD library. With over 120 titles you're sure to feel challenged!

To Order Visit:

www.stottpilates.com or call: 1-800-910-0001 ext. 250



Learn more about the benefits of Pilates education from STOTT PILATES.

Four Tips to Increase Your Earnings:

1. **Get Certified!** STOTT PILATES Certification is highly recognized in the industry and identifies you as a well-qualified professional. Certification makes you eligible for client referrals and a listing on our exclusive web-based Instructor Finder.
2. **You Love Fitness** but cannot teach four to six hours of group exercise each day. Pilates is a format that can be taught right after a cardio class if you wish. You can teach four to six hours of Pilates consecutively without burning out.
3. **Create a 'Wow' Factor** for your clients. Adding Pilates training to your services offer more programming options for your existing clients, and allows you to increase your client base because of your expertise.
4. **Become a Pilates Specialist** Once certified, expand your programming options and marketability by becoming a specialist through the STOTT PILATES Specialty Tracks. Areas of focus include active aging, post-rehab, pre/post-natal and athletic conditioning.

Learn more about the benefits of Pilates certification and get a FREE Pilates education consultation, [email](mailto:education@stottpilates.com) education@stottpilates.com or [call](tel:1-800-910-0001) 1-800-910-0001 ext. 261

