

# STOTT PILATES®:

## An internationally-recognized education

STOTT PILATES is a contemporary approach to the original Pilates method based on modern principles of exercise science and rehabilitation that is recognized worldwide as the 'Ivy League' of Pilates education. Certified Instructors are sought after to work across a broad range of positions in the health and fitness industries, from studios and clubs to rehab and therapy practices. With a STOTT PILATES education, there is no limit to career opportunities.

### **Serve Every Client Base**

STOTT PILATES provides varying levels of movement — essential, intermediate and advanced — to meet the exercise needs of all clients, from post-rehab to elite athlete. Students learn modifications to progress and regress clients appropriately to achieve and maintain fitness goals, and to use top-quality, user-friendly small props and equipment to properly position clients for effective exercise.

### **Modular Training and Certification**

Modular training offerings allow students to choose the method of study that best suits their lifestyles and availability. Students can take courses à la carte or all at once, and can certify in Mat, or Reformer, or achieve Full Certification. Merrithew also offers over 200 STOTT PILATES workshops to choose from for continuing education. For more information on programming and schedules, see [www.merrithew.com/instructor-training](http://www.merrithew.com/instructor-training), or use the Find Training tool for trainings worldwide, [merrithew.com/find-training](http://merrithew.com/find-training)

### **Quality Education**

Certified Instructors and Instructor Trainers are highly-qualified and log numerous hours of practical teaching experience before achieving Certification or Instructor Trainer status. This consistency helps STOTT PILATES maintain the high standards and quality control that it is recognized for around the world.

### **Exceptional Course Material**

One of the reasons for STOTT PILATES' continued reputation of training excellence is the extensive catalogue of technical manuals in the STOTT PILATES library. STOTT PILATES has been meticulously crafted based on the very latest in biomechanical research and cutting-edge thinking on health and fitness. Exercises and anatomical information is clearly laid out in text and images, and STOTT PILATES manuals provide an excellent resource to return to throughout your fitness career.














### Rigorous Examinations

STOTT PILATES® training is rigorous and consistent. Passing both written and practical exams is required to become a Certified Instructor.

### Specialty Tracks

Certified Instructors can set themselves apart by becoming a specialist in the field of their choice. With nine Specialty Tracks to choose from, Instructors can earn Continuing Education Credits while gaining access to a new client base and broadening skill sets. Instructors can choose from:

-  Active for Life
-  Athletic Conditioning
-  Dance
-  Golf Conditioning
-  Group Equipment
-  Group Matwork
-  Interdisciplinary
-  Post-rehabilitation Conditioning
-  Pre- & Post-Natal

### Rehab Focus

STOTT PILATES offers courses for fitness, mind-body and health care professionals that delve deep into how STOTT PILATES can complement rehab and therapy practices. The STOTT PILATES Rehab Program explores how to integrate modified STOTT PILATES exercises for injury prevention and rehabilitation into a therapy or rehabilitation practice, while the STOTT PILATES Injuries & Special Populations course equips fitness Instructors or those with a fitness background with the skills required to address a broad range of physical challenges in a client base.

### Accreditation

STOTT PILATES is recognized by a host of high-level industry bodies all over the world, including The Register of Exercise Professionals, the American Council on Exercise and canfitpro. Certified Instructors can earn Continuing Education Credits (CECs) across all of Merrithew's branded programming, including ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre® and Halo® Training, maximizing training and development.



### Locations Around the World

With Nearly 200 training centers around the world, keeping your knowledge fresh and up to date — crucial in today's fast-changing fitness industry — has never been easier or more accessible.



STOTT PILATES® is the Premier Pilates brand of Merrithew®, the global leader in mind-body education, equipment, and media.

[merrithew.com](http://merrithew.com) | [educationadvisor@merrithew.com](mailto:educationadvisor@merrithew.com)

