

course application

MERRITHEW HEALTH & FITNESS™ EDUCATION

For training center contact information visit merrithew.com/education/wheretotrain

contact information *please print*

name: _____ company name (if applicable): _____

address: _____

city: _____ state / province: _____ country: _____ zip / postal code: _____

phone day: _____ evening: _____ email: _____

course registration

- ▶ Space is limited and applications will be processed on a first come-first-served basis.
- ▶ Space will ONLY be reserved upon the receipt of application and a 20% deposit of the course fee.
- ▶ Fees for courses and workshops do not include required course materials, applicable taxes or exam fees. Prices are subject to change without notice.
- ▶ For full details on cancellation and change policies contact the training facility.
- ▶ Applicants under the age of 18 are subject to registration approval by the Senior Program Director, Toronto Corporate Training Center.
- ▶ Some courses have prerequisites.
- ▶ Additional information may be required once application is received, i.e. a detailed resumé / CV outlining education and experience and two letters of references.

start date requested & course location _____

course selection

comprehensive program – STOTT PILATES®

- CMR Comprehensive Matwork & Reformer – 90 hrs + 60 hrs apprenticeship
- CCCB Comprehensive Cadillac, Chair & Barrels – 50 hrs + 40 hrs apprenticeship
- ISP Injuries & Special Populations – 24 hrs
- FAR [AM, AR, ACCB] Full Advanced Repertoire – 36 hrs
- FULL [CMR, CCCB, ISP, AM, AR, ACCB] – 7 month program + 100 hrs apprenticeship

The Comprehensive Program is only offered at the following locations:

- Toronto Corporate Training Center, Toronto, ON, Canada • Calgary Pilates Centre, Calgary, AB, Canada
- Equilibrium Pilates Studio, Bloomfield Hills, MI, USA • The SweatShop Health Club, St. Paul, MN, USA • Bodycenter Studios, Seattle WA, USA

Education

2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6
Phone 416-482-4050 Fax 416-482-2742 Email educationadvisor@merrithew.com
Toll-free North America 1-800-910-0001 UK 0800-328-5676

course application (cont'd)

intensive program – STOTT PILATES

FA Functional Anatomy – 30 hrs

IMP Intensive Mat-Plus™ – 40 hrs

IR Intensive Reformer – 50 hrs

ICAD Intensive Cadillac – 25 hrs

ICHR Intensive Stability Chair – 15 hrs

IBRL Intensive Barrel – 10 hrs

advanced program – STOTT PILATES

ISP Injuries & Special Populations – 24 hrs

AM Advanced Matwork – 6 hrs

AR Advanced Reformer – 18 hrs

ACAD Advanced Cadillac – 6 hrs

ACHR Advanced Stability Chair – 3 hrs

ABRL Advanced Barrel – 3 hrs

rehabilitation program – STOTT PILATES

Designed for licensed physical or occupational therapists, sports medicine professionals and chiropractors

RMR1 Lumbar & Shoulder Girdle Stabilization: Matwork & Reformer – 24 hrs

RCCB1 Lumbar & Shoulder Girdle Stabilization: Cadillac, Chair & Barrels – 24 hrs

RMR2 Peripheral Joint Rehabilitation: Matwork & Reformer – 16 hrs

RCCB2 Peripheral Joint Rehabilitation: Cadillac, Chair & Barrels – 16 hrs

instructor foundation course programs

ZM1 ZEN•GA™ Instructor Foundation Course, Mat – 7 hrs

ZE1 ZEN•GA™ Instructor Foundation Course, Equipment – 7 hrs

CA1 CORE™ Instructor Foundation Course – 7 hrs

TB1 Total Barre™ Instructor Foundation Course – 7 hrs

relevant education

Please list related degrees, diplomas, post-secondary or certificate courses and workshops, including MH&F education

Describe anatomy education: (for STOTT PILATES courses) Include number of hours, when / where you studied and what topics were covered (e.g. musculoskeletal, anatomy, biomechanics)

college / university course workshop / other

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course application (cont'd)

List related certification (please specify: eg. ACE, AFAA)

relevant experience

Outline your teaching experience (describe subject taught / years teaching)

Describe your personal experience in dance, fitness or other body work (how many years / how recently)

Outline your Pilates experience (for STOTT PILATES courses)

(describe when & where, indicate the STOTT PILATES method or other)

none 1-10 hrs 10-30 hrs 30+ hrs

personal information

Do you have any injuries, conditions or postural issues? Are you currently pregnant or have you recently given birth?

Failure to disclose any issues prior to enrollment may result in your removal from the course.

How did you hear about MH&F and its education program?

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