

# course application

MERRITHEW™ EDUCATION

For training center contact information visit [merrithew.com/education/wheretotrain](http://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: • Corporate Training Center, Toronto, ON, Canada • Bodycenter Studios, Seattle WA, USA • Calgary Pilates Centre, Calgary, AB, Canada • Equilibrium Pilates Studio, Bloomfield Hills, MI, USA • The SweatShop Health Club, St. Paul, MN, USA

### Education

2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6  
phone 416-482-4050 fax 416-482-2742 email [educationadvisor@merrithew.com](mailto: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

## 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

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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)

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## relevant experience

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

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

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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

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## 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.

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

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