

course application

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MERRITHEW™ 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 regist	ration			
▶ Space is limited a	and applications will be processed	d on a first come-first-served ba	sis.	
▶ Space will ONLY	be reserved upon the receipt of	application and a 20% deposit of	of the course fee.	
	and workshops do not include re t to change without notice.	quired course materials, applica	ble taxes or exam fees.	
For full details or	n cancellation and change policie	s contact the training facility.		
Applicants under	r the age of 18 are subject to reg	istration approval by the Senior	Program Director, Toronto Corporate Training Center.	
Some courses has	ve prerequisites.			
	mation may be required once app sumé / CV outlining education ar		references.	
start date re	quested & course loca	tion		
course select	ion			
Comprehensive	Program – STOTT PILATES®			
CMR Comprehensive Matwork & Reformer – 90 hrs + 60 hrs apprenticeship				
CCCB Comprehen	nsive Cadillac, Chair & Barrels – 50 hrs	+ 40 hrs apprenticeship		
ISP Injuries & Spe	ecial Populations – 24 hrs			
FAR [AM, AR, AC	CCB] Full Advanced Repertoire – 36	hrs		
FULL [CMR, CCCB, ISP, AM, AR, ACCB] – 7 month program + 100 hrs apprenticeship				

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







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



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Intensive Program – STOTT PILATES	Advanced Program – STOTT PILATES
FA Functional Anatomy – 30 hrs	ISP Injuries & Special Populations – 24 hrs
IMP Intensive Mat-Plus [™] – 40 hrs	AM Advanced Matwork – 6 hrs
IR Intensive Reformer – 50 hrs	AR Advanced Reformer – 18 hrs
ICAD Intensive Cadillac – 25 hrs	ACAD Advanced Cadillac – 6 hrs
ICHR Intensive Stability Chair – 15 hrs	ACHR Advanced Stability Chair – 3 hrs
IBRL Intensive Barrel – 10 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 course	es and workshops, including MH&F education
Describe anatomy education: (for STOTT PILATES courses) Include number (e.g. musculoskeletal, anatomy, biomechanics)	er of hours, when / where you studied and what topics were covered college / university course workshop / other

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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)
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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Why are you interested in MH&F Education?					
Are you using this course to fulfill continuing education credits? Yes No If yes, for what organization?					
payment method					
deposit only large full payment MasterCard large	│ VISA │ │ AMEX │ │ cheque │ │ money order				
card number:	exp:				
name on card:	signature:				
Cancellation policy: If the student cancels their workshop or course workshop or course, there will be no refund of monies paid. Where notice the 20% deposit will be forfeited toward the cancellation fe	e the student cancels their enrollment with greater than four weeks				
I hereby agree:					
I plan to attend all course hours:	Yes No				
I certify that the information provided on this application is acc					
I understand that failure to provide accurate information may i	result in my removal from the certification program.				
I have included the following:					
20% non-returnable/non-transferable course fee deposit	full payment of course materials – optional				
Proof of certification (if applicable)	Two letters of reference – optional				
signature:	date:				
email your application					
Send your application to educationadvisor@merrithew.com					

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