



Minnesota Pilates Center at
 The Sweatshop Health Club,
 a Licensed Certification Center for
STOTT PILATES®
merrithew CORPORATION

Please mail or fax to:
 Kelly Dormady, Program Director
 The Sweatshop Health Club
 167 Snelling Avenue North
 Saint Paul, Minnesota 55104
 Fax: 651-646-4723
 Ph: 651-646-8418

2009-2010 CALENDAR AND REGISTRATION FORM

STOTT PILATES® Certification Courses, CEC Workshops, and Other Fitness Education

<i>Name</i>		
<i>Address</i>		
<i>City</i>	<i>State</i>	<i>Zip code</i>
<i>Email Address</i>	<i>Telephone (home) and/or Alternate (cell)</i>	

STOTT PILATES® CERTIFICATION COURSES

Comprehensive Mat and Reformer® (CMR) (120 hrs)
\$3,400 Early Registration, \$3,600 Late Registration
Call Program Director for complete syllabus.
 Sweatshop Sep 10, 2010, start date.

Enhanced Pilates Internship \$800
Call Program Director for more information.
 Includes one 6-week beginning mat program, one 10-time experienced mat class pass, one 10-time Reformer class pass, five (5) hours mentoring with STOTT PILATES instructor.

Injuries and Special Populations® (ISP) (24 hrs)
\$1,100 Early Registration, \$1,300 Late Registration
 Sweatshop May 1-2, 15-16, 2010 (Sat 11am-6pm, Sun 10am-5pm)

Intensive Mat-Plus® (IMP) (40 hrs)
\$1,000 Early Registration, \$1,100 Late Registration
 Rochester, MN Feb 12-14; Feb 26-28; Mar 26-28, 2010 (Fri/Sat 12-5:30pm, Sun 9am-1:30pm)
 Sweatshop Jun 14-18; 21-25, 2010 (Mon-Fri, 11am-3:30pm)
 Sweatshop Sep 24-26; Oct 15-17, Nov 5-7, 2010 (Fri/Sat 12-5:30pm; Sun 9am-1pm)

Intensive Reformer® (IR) (50 hrs)
\$1,800 Early Registration, \$1,900 Late Registration
 Sweatshop Mar 5-6, 26-27, Apr 16-17, May 7-8, 21-22, 2010 (Fri/Sat 12-5:30pm)
 Albert Lea Apr 23-25; May 21-23; Jun 18-20 (Fri 3-8:30pm, Sat 10am-4:30pm, Sun 9am-3:30pm)
 Sweatshop Jul 12-15, 19-22, 26-29, 2010 (Mon-Thu 12-4:30pm)

Intensive Cadillac® (25 hrs) – NEW!
\$900 Early Registration, \$1000 Late Registration
 Sweatshop Mar 28-30; Apr 11-12, 2010 (Sun 10am-3:30pm; Mon/Tue 10:30am-4pm)

Intensive Chair® (15 hrs) – NEW!
\$500 Early Registration, \$600 Late Registration
 Sweatshop Apr 23, 30; May 7, 2010 (Fri 10:30am-4pm)

Intensive Barrels® (10 hrs) – NEW!
\$400 Early Registration, \$500 Late Registration
 Sweatshop May 12, 19, 2010 (Wed 10:30am-4pm)

Advanced Matwork® (AM) (6 hrs)
\$250 Early Registration, \$350 Late Registration
 Sweatshop Jun 26, 2010 (Sat 12-6:30pm)
 Sweatshop Nov 13, 2010 (Sat 12-6:30pm)

Advanced Reformer® (AR) (18 hrs)
\$650 Early Registration, \$750 Late Registration
 Sweatshop Aug 4, 11, 18, 25, 2010 (Wed 11am-4pm)

Advanced Cadillac® (6 hrs)
Coming Fall 2010

Advanced Chair® (3.5 hrs)
Coming Fall 2010

Advanced Barrels® (3.5 hrs)
Coming Fall 2010

CERTIFICATION COURSE TOTAL \$ _____

STOTT PILATES® Workshops, CEC Education, and Exam Events at The Sweatshop

Exam Preparation Courses \$95

- Apr 1, 2010 (Thu 12-4pm)
- Jul 8, 2010 (Thu 12-4pm)
- Sep 30, 2010 (Thu 12-4pm)

Certification Examination \$350

- Apr 17, 2010 (Sat 12pm)
- Jul 24, 2010 (Sat 12pm)
- Oct 16, 2010 (Sat 12pm)

Pilates with Props, Level 2 \$95

- Mar 20, 2010 (Sat 11:30am-1:30pm)

Postural Analysis Review \$115

- Mar 20, 2010 (Sat 2-5pm)

Athletic Conditioning on the

Stability Cushion \$95

- Mar 21, 2010 (Sun 9-11am)

Intermediate Reformer: Functional

Anatomy, Cueing and Correcting \$95

- Mar 21, 2010 (Sun 11:30am-1:30pm)

Equipment Programming for

Breast Cancer Rehab \$115

- Jun 12, 2010 (Sat 11am-1pm)

Lumbo-Pelvic Region: Stability & Function ... \$115

- Jun 12, 2010 (Sat 1:30-3:30pm)

Programming for Scoliosis Management \$115

- Jun 12, 2010 (Sat 4-6pm)

WORKSHOP TOTAL: \$ _____

Note: All workshops (except special guest workshops), CEC courses, and repertoire review are available for purchase by individual or small group professionals at an hourly rate between \$75-\$95 per hour depending on course content and number of individuals participating. Call Program Director for more information.

Other Professional Fitness Training Courses and Workshops at The Sweatshop

CPR American Heart Assoc. Certification \$60

- Apr 26, 2010 (Mon 6-9pm)
- Aug 9, 2010 (Mon 6-9pm)
- Nov 10, 2010 (Wed 6-9pm)

Functional Anatomy \$325

- Feb 5-6; 12-13, 2010 (Fri 2-6pm, Sat 12-4pm)
- Sep 10-11; 17-18, 2010 (Fri 2-6pm, Sat 12-4pm)

Get Ready to Teach Kettlebell! \$425

- Feb 19-20, 2010 (Fri/Sat 12-5pm)

PRO FITNESS TRAINING TOTAL: \$ _____

Registration Policies and Information for Minnesota Pilates Center and The Sweatshop

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| <ul style="list-style-type: none"> ▪ Early registration recommended as course space is limited. ▪ Registration form must be accompanied by \$200 for each course to register. ▪ Early Registration price is full payment received 30 days prior to start of course, or as noted. No exceptions please. Time frame, late registration price still applicable. ▪ Course fees do not include course materials. Call Program Director for required materials. ▪ 10% off exam price when paying within registered course time frame. | <ul style="list-style-type: none"> ▪ 10% off second when two courses purchased together or while attending another course. ▪ Minnesota Pilates Center and The Sweatshop reserve the right to cancel courses and workshops and will refund all fees within 30 days or offer alternative course. ▪ Transfer from one course or workshop to another is subject to a maximum fee of \$25. ▪ Full course or workshop descriptions, prerequisites, and policies available on website. ▪ Prices subject to change without notice. ▪ Any course time missed must be made up with an Instructor Trainer at an additional hourly fee for every hour of course time missed. | <ul style="list-style-type: none"> ▪ The Sweatshop does not award grades, take attendance, or give credit for previous training. ▪ Students with concerns or complaints should first speak to their instructor. If unsatisfied with response, should bring their concerns to Gayle Winegar. ▪ Students are expected to conduct themselves professionally at all times. The following could result in immediate dismissal from any course or workshop: <ul style="list-style-type: none"> Failure to attend course times; Failure to adhere to course expectations; Disrespect of course instructors, fellow students, or any Sweatshop employee. |
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COMPLETE YOUR REGISTRATION:

Amount Due: \$ _____ Amount Paid Now: \$ _____

Payment Type: Deposit Full payment

Payment Method: Check Mastercard Visa

Credit Card Information (please print clearly):

Card Number: _____ / _____ / _____ / _____ Exp. Date: _____

Name on Card: _____

Signature: _____

The Sweatshop is licensed with The Minnesota Office of Higher Education as a private career school pursuant to Minn. Stat. § 141.21-141.23. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions. The Minnesota Office of Higher Education, 1450 Energy Park Drive, Suite 350, St. Paul, MN 55108-5227.

See our website at www.sweatshopfitness.com