



Minnesota Pilates Center at
 The Sweatshop Health Club,
 Licensed Certification Center for
STOTT PILATES®
 m merrithewCORPORATION

Please mail or fax to:
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 The Sweatshop Health Club
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2010-2011 CALENDAR AND REGISTRATION FORM

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

| | | |
|---------------|-------|--|
| Name | | |
| Address | | |
| City | State | Zip code |
| Email Address | | Telephone (home) and/or Alternate (cell) |

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.
- Sweatshop** Feb 18, 2011, 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, and five (5) hours mentoring with STOTT PILATES instructor.

Intensive Mat-Plus (IMP)® (40 hrs)
\$1,000 Early Registration, \$1,100 Late Registration

- Sweatshop** Sep 24-26; Oct 15-17, Nov 5-7, 2010 (Fri/Sat 12-5:30pm; Sun 9am-1pm)
- Sweatshop** Jan 21-23; Feb 11-13; Mar 4-6, 2011 (Fri/Sat 12-5:30pm; Sun 9am-1pm)

Intensive Reformer (IR)® (50 hrs)
\$1,800 Early Registration, \$1,900 Late Registration

- Sweatshop** Oct 1-2, 22-23; Nov 19-20; Dec 10-11, 2010; Jan 7-8, 2011 (Fri/Sat 12-5:30pm)
- Sweatshop** Feb 25-26; Mar 18-19; Apr 15-16; May 6-7, 20-21, 2011 (Fri/Sat 12-5:30pm)

Advanced Reformer (AR)® (18 hrs)
\$650 Early Registration, \$750 Late Registration

- Sweatshop** Feb 3, 10, 17, 24, 2011 (Thu 11am-4pm)

Advanced Matwork (AM)® (6 hrs)
\$250 Early Registration, \$350 Late Registration

- Sweatshop** Nov 13, 2010 (Sat 12-6:30pm)
- Sweatshop** Mar 12, 2011 (Sat 12-6:30pm)

Intensive Cadillac (ICAD)® (25 hrs)
\$900 Early Registration, \$1,000 Late Registration

- Sweatshop** Mar 25-27; Apr 8-9, 2011, (Fri 12-5:30pm; Sat 11am-4:30pm; Sun 10am-3:30pm)

Intensive Chair (ICH)® (15 hrs.)
\$500 Early Registration, \$600 Late Registration

- Sweatshop** Apr 29, May 6 & 13, 2011 (Fri 11am-4:30pm)

Intensive Barrels (IBRL)® (10 hrs)
\$400 Early Registration, \$500 Late Registration

- Sweatshop** May 18 and 25, 2011. (Wed 11am-4:30pm)

Advanced Cadillac (ACAD)® (6 hrs) \$275

- Sweatshop** Oct 29, 2010, (Fri 10:30am-5pm)

Advanced Chair (ACH)® (3 hrs) \$150

- Sweatshop** Nov 12, 2010, (Fri 2pm-5:30pm)

Advanced Barrels (ABRL)® (3 hrs) \$150

- Sweatshop** Dec 10, 2010, (Fri 2pm-5:30)

Injuries and Special Populations (ISP)® (24 hrs)
\$1,100 Early Registration, \$1,300 Late Registration

- Sweatshop** Oct 23-24; Nov 13-14, 2010, (Sat 11am-6pm; Sun 10am-5pm)
- Rochester, MN** Jan 22-23; Feb 19-20, 2011 *time TBD*

New at the Sweatshop!

STOTT PILATES® Rehabilitation Courses:

STOTT Pilates® rehabilitation courses are open only to certified Physical Therapists, Occupational Therapists, and Chiropractors. Please speak with Program Director at time of registration.

Spinal, Pelvic & Scapular Stabilization:
Matwork & Reformer (RMR1)® (24 hrs)

\$975 Early Registration, \$1,075 Late Registration

- Sweatshop** Sep 16-19, 2010 (Thu/Fri 2:30pm-9pm; Sat 11am-5:30pm; Sun 8am-2:30pm)

STOTT PILATES® Certification Course Total:

\$ _____

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

2010 STOTT PILATES® Exam Events

- Exam Preparation Courses..... \$95**
- Sep 30, 2010 (Thu 12-4pm)
 - Jan 13, 2011 (Thu 12-4pm)
- Certification Examination \$350**
- Oct 16, 2010 (Sat 12pm)
 - Jan 29, 2011 (Sat 12pm)

2010 STOTT PILATES® Workshops

- Matwork with Rotational Discs \$95**
- Oct 22, 2010 (Fri 11:30am-1:30pm)
- Vertical Frame \$110**
- Dec 4, 2010 (Sat 11am-2pm)
- 'Workout 1' Programming: V2Max Plus \$110**
- Dec 4, 2010 (Sat 2:30-5:30pm)

- Essential BOSU \$95**
- Dec 5, 2010 (Sun 9-11am)
- The Shoulder: Stability and Function \$110**
- Dec 5, 2010 (Sun 11:30am-2:30pm)
- Flexibility Overview \$95**
- Dec 5, 2010 (Sun 3-5pm)

Special Guest:

Master Instructor Trainer John Garey

Don't miss these two workshops taught by dynamic guest Instructor Trainer John Garey on Friday, October 22nd!

- Jumpboard Interval, Level 2..... \$110**
- Oct 22, 2010 (Fri 2-4pm)
- Muscular Strength for Teens (Mat)..... \$110**
- Oct 22, 2010 (Fri 4:30-6:30pm)

STOTT PILATES® 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**
- Nov 10, 2010 (Wed 6-9pm)
- Functional Anatomy \$325**
- Sep 10-11; 17-18, 2010 (Fri 2-6pm, Sat 12-4pm)
 - Feb 18, 19, 25, 26, 2011 (Fri 2-6pm, Sat 12-4pm)

- New Registration Incentive:*
- Get Ready to Teach Kettlebell!**
- Early Registration \$275, Late Registration \$375**
- Oct 16-17, 2010 (Sat 12pm-5pm; Sun 11am-4pm)

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. Course space is limited. ▪ Registration form must accompany \$200 for each course to register. ▪ Early Registration price is full payment received 30 days prior to course start or as noted. No exceptions please. Time frame, late registration price still applicable. ▪ Course material not included. Call Program Director for required materials. ▪ 10% off exam price when paying within registered course time frame. ▪ Prices subject to change without notice. | <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. ▪ 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 may 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 toward course instructors, fellow students, or any Sweatshop employee. |
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| <p><u>COMPLETE YOUR REGISTRATION:</u></p> <p>Amount Due: \$ _____ Amount Paid Now: \$ _____</p> <p>Payment Type: <input type="checkbox"/> Deposit <input type="checkbox"/> Full payment</p> <p>Payment Method: <input type="checkbox"/> Check <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa</p> | <p>Credit Card Information (please print clearly):</p> <p>Card Number: _____/_____/_____/_____ Exp. Date: _____</p> <p>Name on Card: _____</p> <p>Signature: _____</p> |
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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