

Minnesota Pilates Center

at The SweatShop Health Club

Licensed Certification Center for

STOTT PILATES®
m 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

See registration policies below.

2012 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)

\$3600 Registration (\$3400 Early Registration)

Call Program Director for complete syllabus.

Feb 10, 2012 (Dec 22, 2011 Early Registration)

Sept 14, 2012 (July 31, 2012 Early Registration)

Enhanced Pilates Internship \$800

Call Program Director for more information. Includes 4-week Beginning Mat program, 10X experienced mat class pass, 10X reformer class pass, and 5 mentoring hours with STOTT PILATES® instructor.

Intensive Mat-Plus (IMP)® (40 hrs)

\$1100 (\$1,000 Early Registration)

Jan 20-22; Feb 10-12; Mar 2-4 2012 (Fri/Sat 12-5:30pm, Sun 9am-1pm) (Dec 5, 2011 Early Registration)

June 18-22, 25-29, 2012 (Mon-Fri 11am-3:30pm) (May 4, 2012 Early Registration)

Intensive Reformer (IR)® (50 hrs)

\$1900 (\$1800 Early Registration)

Feb 24-25, Mar 9-10, Mar 30-31, Apr

20-21, May 11-12, 2012 (Fri/Sat 12-5:30pm) (Jan 10, 2012 Early Registration)

July 9-12, 16-19, 23-26 2012 (Mon-Thur 12-4:30pm) (May 25, 2012 Early Registration)

Intensive Cadillac (ICAD)® (25 hrs) \$1000 (\$900 Early Registration)

Apr 27-29; May 5-6, 2012 (Fri 12-5:30pm, Sat/Sun 11am-4:30pm) (March 13, 2012 Early Registration)

Intensive Chair (ICH)® (15 hrs)

\$675 (\$575 Early Registration)

May 18-20, 2012 (Fri/Sat 12-5:30pm, Sun 9am-2:30pm) (Apr. 3, 2012 Early Registration)

Intensive Barrels (IBRL)® (10 hrs)

\$550 (\$450 Early Registration)

June 1-2, 2012 (Fri/Sat 11am-4:30pm) (Apr 16, 2012 early registration)

Advanced Matwork (AM)® (6 hrs)
\$375 (\$275 Early Registration)

Mar 10, 2012 (Sat 11am-6pm) (Jan 20, early registration)
June 30, 2012 (Sat 11am-6pm) (May 15, early registration)

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

Feb 2, 9, 16, 23 2012 (Thursday 11am-4pm) (Dec 17, Early Registration)
August 2-5, 2012 (Thu/Fri 12-4:30pm, Sat/Sun 11am-3:30pm) (June 17, Early Registration)

Advanced Cadillac(ACAD)® (6hrs) \$400 (\$300 Early Registration)

TBD Fall 2012

Advanced Chair (ACH)® (3 hrs) \$275 (\$175 Early Registration)

TBD Fall 2012

Advanced Barrels (ABRL)® (3 hrs) \$275 (\$175 Early Registration)

TBD Fall 2012

Injuries and Special Populations (ISP)® (24 hrs)
\$1300 (\$1100 Early Registration)

May 31-June 3, 2012 (Thur-Sat 11am-5:30pm; Sun 9am-3:30pm) (May 13, 2011 early registration)
Nov 3-4, 17-18, 2012 (Sat 11am-5:30pm, Sun 9am-3:30pm)

STOTT PILATES® Rehabilitation Courses:

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

Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer (RMR1)(RMR2)® (24 hrs)

\$1075 (\$975 Early Registration) TBD Spring 2012

□ July 28, 2012 (Sat 12pm)

2011-2012 STOTT PILATES® Exam Events

Exam Preparation Courses.....\$95

- Jan 12, 2012 (Thurs 2-5pm)
- April 12, 2012 (Thurs 2-5pm)
- July 12, 2012 (Thurs 2-5pm)

Certification Examination.....\$350

- Jan 28, 2012 (Sat 12pm)
- April 28, 2012 (Sat 12pm)

STOTT PILATES® Workshops

Upcoming Workshop Weekends in 2012:

- Mar 24-25, 2012 (Sat/Sun)
- June 23-24, 2012 (Sat/Sun)
- Sept. 22-23, 2012 (Sat/Sun)
- Dec. 1-2, 2012 (Sat/Sun)

*Workshops for 2012 to be determined soon.

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

Other Professional Fitness Training Courses and Workshops at The SweatShop

Functional Anatomy.....\$325

- Feb 10-11; 17-18, 2012 (Fri 2-6pm, Sat 12-4pm)
- June 8-9; 15-16, 2012 (Fri 2-6pm, Sat 12-4pm)

Get Ready to Teach Kettlebell! ...\$375 (\$275 Early Registration)

- Dec 10-11, 2011 (Sat 12-5pm, Sun 11am-4pm)
- TBD Spring 2012

Registration Policies and Information for Minnesota Pilates Center and The SweatShop

■ Registration form must accompany \$250 for each course registered (if total course is \$250 or less, 100% tuition is required). Workshop tuition must be paid in full at time of registration.

■ Early registration is available and recommended. Requires full payment 45 days prior to course start date. NO exceptions, please.

■ If you cancel out of a course 2 weeks or more prior to course start date your tuition is either transferred to another course (for a fee of 10% of the course tuition/fee) or refunded less 20% of course tuition/fee.

■ If you cancel out of a course under 2 weeks notice, your tuition paid is ONLY transferred to another course (for a fee of 10% course tuition/fee) and NO refunds will be issued because your attendance would be a deciding factor in running the Course.

■ If you cancel out of a workshop 2 weeks or more prior to workshop date your tuition is

transferred to a future course/workshop less a \$50 cancellation/transfer fee. If you cancel out of a workshop under 2 weeks notice, the workshop fee paid is non-transferrable and non-refundable because your attendance would be a deciding factor in running the workshop.

■ Course material not included. Call Program Director for required materials.

■ 10% off exam price when paying within registered course time frame.

■ 10% off second course when two courses purchased together.

■ 10% discount available off exam fee when paid in full before your current course is complete.

■ Full course/workshop descriptions, pre-requisites and policies are available online

■ Minnesota Pilates Center and The SweatShop reserve the right to cancel courses and workshops. Fees will be refunded within 30 days or alternative course offered.

■ Prices Subject to Change without notice.

■ All courses/workshops have a minimum student requirement to be held.

■ Course time missed must be made up with an Instructor Trainer at an additional hourly fee for every hour of course time missed.

- 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, bring concerns to program director or SweatShop owner.

Students must conduct themselves professionally. Immediate dismissal may result from any of the following: failure to attend; failure to adhere to course expectations; disrespect toward instructors, fellow students, SweatShop employees or clients

<p><u>COMPLETE YOUR REGISTRATION:</u></p> <p>Amount Due: \$ _____ Amount Paid Now: \$ _____</p> <p>Payment Type: Deposit Full payment</p> <p>Payment Method: Check Mastercard</p>	<p>Credit Card Information (please print clearly):</p> <p>Card Number: _____/_____/_____/_____ Exp. Date: _____</p> <p>Name on Card: _____</p>
--	--

Visa

Signature: _____

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