

Grow your mind-body career with **Merrithew**™

When it comes to your career, choosing the right education and training is key. Not only does the quality of what you learn form the foundation for your future endeavors, it opens doors to new trainings, new experiences and new opportunities.

With three decades of experience in providing top-quality mind-body exercise equipment and education programming, Merrithew, Leaders in Mindful Movement™, provide a solid foundation to build a career on.

Recognized Worldwide

Merrithew is the global leader in mind-body education, with over 50,000 trained worldwide and a brand that is recognized around the globe. When you train with Merrithew, you train with the best. A Merrithew education means access to a broad network of Instructors, clubs, studios, fitness professionals and therapy and rehabilitation professionals, and thousands of clients and fitness enthusiasts who participate in Merrithew modalities.

Quality Education

Certified Instructors and Instructor Trainers are highly qualified and log numerous hours of practical teaching experience before achieving Certification or Instructor Trainer status. This consistency helps Merrithew maintain the high standards and quality control that the company is known for, and cements Merrithew's reputation as The Professional's Choice™.

One of the reasons for Merrithew's continued reputation of training excellence is the extensive catalogue of technical manuals in the Merrithew library. Each branded program has been meticulously crafted based on the very latest in biomechanical research and cutting-edge thinking on health and fitness. Exercises and anatomical information is clearly laid out, and Merrithew manuals provide an excellent resource to return to throughout your fitness career.

Rigorous Examinations

STOTT PILATES® training is rigorous and consistent, with extensive screening of both Certified Instructors and Instructor Trainers in both written and practical exams.



Modular-training

Merrithew offers flexible, à la carte training that not only allows fitness professionals to work around busy schedules, but also to focus on specific aspects of training, such as Mat-based work with small props, or large equipment, or both. Whether you are looking to pursue Certification, Qualification or simply to add new knowledge to your existing toolkit, visit merrithew.com/instructor-training for training options and schedules, or try using our newly updated Find Training tool for trainings worldwide.

Variety

Merrithew's extensive family of branded programs covers every aspect of mindful movement, from athletic conditioning to post-rehabilitation.

- STOTT PILATES® is Merrithew's premium Pilates brand, and the principles of this method form the foundation for all of Merrithew's branded programs.
- ZEN•GA® is a unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements that emphasize the breath and strengthen both body and mind.
- CORE™ Athletic Conditioning & Performance Training™ focuses on functional fitness targeting core strength and kinesthetic awareness.
- Total Barre® combines elements of Pilates, dance, cardio and strength training in an expandable, adaptable program.
- Halo® Training uses a multi-functional, three-dimensional exercise program to promote functional strength and stability for all clients from post-rehab to elite athletes.
- Fascial Movement, designed for fitness, medical and therapy professionals, offers a thorough understanding of what fascia is, what it does, how it moves, and how to work with it across a range of varying modalities.



Accreditation

With Merrithew, fitness professionals can earn Continuing Education Credits (CECs), maximizing training and development. Merrithew branded programs STOTT PILATES, ZEN•GA, CORE Athletic Conditioning & Performance Training, Total Barre and Halo Training and Fascial Movement offering are recognized by a host of high-level industry bodies all over the world, including The Register of Exercise Professionals, the American Council on Exercise and canfitpro.



Cater to a Wide Range of Professionals

Fitness and therapy professionals, mind-body professionals, personal trainers, health care professionals, and hybrid instructors of every kind will find value in Merrithew's extensive family of branded programs. Whether it be workshops dedicated to modifying exercise for special populations, or adding layers to a therapy practice with the STOTT PILATES Rehab Program, Merrithew's rich base of knowledge dovetails with a broad range of fitness and therapy modalities, expanding offerings and repertoires.

Unwavering Philosophy

Since the company's inception in 1988, Merrithew has been dedicated to safe and responsible exercise, helping people of all ages and life stages to lead healthier lives through high-quality fitness brands. We do this by supporting and inspiring people worldwide to achieve optimal fitness and wellness through premium programming and equipment.

Locations Around the World

With over 100 training centers around the world, keeping your knowledge fresh and up to date — crucial in today's fast-changing fitness industry — has never been easier or more accessible.

Interested in growing your fitness career? Speak with one of our Education Advisors on which training path best suits your goals at educationadvisor@merrithew.com or **1.800.910.0001 ext. 300**

Merrithew™ Leaders in Mindful Movement™ is the global leader in mind-body education, equipment, and media. Over 50,000 trained in over 100 countries.

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STOTT PILATES® zen•ga® CORE™ totalbarre. HALO™ TRAINING

 **merrithew™**
leaders in mindful movement™