

Hosting Program for totalbarre®

Well-educated, quality Barre Instructors are not easy to find, which can seem like a huge barrier to growth. Let the Leaders in Mindful Movement™ deliver Total Barre® qualification courses and workshops on-site at your facility with step-by-step support in every area. Whether you train your own staff or open courses up to the fitness community, the opportunities to train professionals and generate revenue are endless. You simply handle the course registration, promote the course with our assistance — and we'll do the rest.



Partner with the Best

Dear friends,

When you partner with Merrithew™, you're associating with a leader in the industry. Since founding Merrithew in 1988, we have been committed to developing high-integrity programs, products and services that help people fulfill their potential. Our philosophy is that effective and responsible exercise is the foundation to a better lifestyle — no matter what your age, level of fitness, or health aspiration.

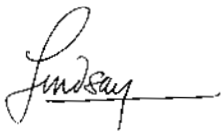
We've trained over 50,000 students from 100 countries between our Corporate Training Center, over 50 Licensed Training Centers, and numerous hosting locations around the globe. Our curriculum, equipment, videos and manuals are continually evaluated and updated to ensure they reflect modern concepts of exercise science and meet the needs of today's fitness professionals and end users.

Based on 30 years of developing safe and responsible exercise with STOTT PILATES®, our systematic approach to the Total Barre® program provides the framework for building and modifying barre classes. These classes emphasize correct biomechanics of movement while increasing strength, flexibility, stamina and dynamic stability. The program consists of a Foundation Course and three possible streams of choreography and focus; Endurance, Amplified and Modified.

Let our experts provide personal business consulting to help you develop a successful barre program. From staffing and new programming options, and space-saving, state-of-the-art equipment, to cost-effective marketing initiatives to help you get started — we've got the winning combination of mindful movement expertise, equipment and education.

For more information email educationsales@merrithew.com

Yours in health,



Lindsay G. Merrithew
President & CEO



Moira Merrithew
Director, Education



Benefits of Hosting at your Facility

1. Generate Additional Revenue for your Business

You set the enrollment prices and typically break even with six participants. When you open courses up to the fitness community, you have the potential to reduce the cost of training your own staff and generate incremental revenue at the same time.

2. Inspire Loyalty with Staff Training

Quality training can bring your Instructors to a whole new level of excellence while strengthening retention, since they know their employer sees value in investing in them. Your Instructors can earn CECs and train at a fraction of the regular cost with no additional expenses for travel, or even be subsidized by you as a benefit.

3. Flexibility and Convenience

Our courses can be adapted to weekday or weekend modules to fit participants' busy schedules and reduce travel time and extra costs. You simply handle the course registration, promote the course with our assistance — and we'll do the rest.

4. Get New Programming to Meet Changing Client Needs

Keep your staff up-to-date on the latest in mindful movement, exercise science and choreography so they can keep their classes fresh for existing clients while also attracting new clients to your business.

5. Marketing Support Ensures Success

The photography we've developed over the past 30 years defines our brand visually in the fitness community. We're happy to share our images with you to reinforce a consistent experience of Merrithew training at your location. We also promote our hosted training to our community through a variety of marketing channels.

How to Become a Hosting Site

- For more details visit merrithew.com/education/hosting, email educationsales@merrithew.com or contact your local Licensed Training Center for information
- Select courses and book dates
- Sign the Hosting contract and order required equipment and materials
- Market the course
- Enroll students

Multiple Streams for a Diverse Clientele

Foundation

Presented in a course format, the Foundation offers multiple layers of choreography along with the detailed biomechanical essences of the movements included.

These layers combine with group progressions to move from an introductory class through to a high-level endurance workout. Increasing knowledge of movement sequences and body awareness progresses clients safely through the segments.

Endurance Designed to build muscular endurance. The choreography is less complex, making retention of the movements easier. Biomechanical essences of the movements are still emphasized to ensure safe and effective results. Props are added to increase the intensity, challenge the neuro-muscular system and add variety.

Amplified This stream features movements that are faster and more intense and are designed for physically conditioned clients looking to increase strength, endurance and power. Powerful music selections propel the intensity-driven routines to improve and enhance muscular strength, balance, proprioception, agility and endurance.

Modified Created for populations with restricted mobility. The choreography is simpler, requiring less joint range and emphasizes flexibility, balance and strength. This is particularly appropriate for pre- and post-natal women, older adults, post-rehab clients and those who suffer from conditions such as Parkinson's Disease, Osteoporosis and MS.

Benefits of Total Barre

Structure with Flexibility

The Total Barre method includes 11 specially arranged and selected segments that serve as the template for each class. This template serves as a guideline from which an unending range of programs or themes can be built, including country, '60s-themed classes etc.

Online Resources

Each segment of the Foundation Course, as well as the workshops, have been filmed and posted online in a secure area. Access is emailed to students upon meeting certain criteria. In addition, downloadable alternate playlists help add variety to classes.

Easy Programming

The 11 segments focus on individual areas of the body or movement type, i.e. warm up, cool down, arms, legs, etc., and when combined, produce a balanced and complete workout. Multiple streams provide specific focus to meet the needs of diverse clientele.

Keeping it Fresh

Continue to build on choreography by hosting workshops every six months to provide new programs and keep members engaged and entertained. Instructors and clients will love the variety.

Courses and Workshops



Instructor Foundation Course

This seven-hour, one-day course developed by the Merrithew team provides the groundwork for Instructors to produce safe, effective and varied barre programs that address the needs and goals of every client. Participants are introduced to the Total Barre Principles — six movement awareness fundamentals that provide the structure and biomechanical basis for each exercise. During the course, participants have the opportunity to experience the movements before examining the application of the principles, and learn the essence of each exercise along with the theories of dynamic stability, optimal mobility and movement efficiency.

What You Learn

- How to use the unique 11-segment Total Barre Template
- Choreography to teach exercise essence and correct biomechanics of movement
- How to use and choose appropriate music for each segment
- The most efficient way to cue and correct when teaching to music
- Suggestions of modifications or props

CECs

- 0.7 STOTT PILATES; 6.0 REPS;
0.7 ACE; 7.0 canfitpro

Required Equipment

- Parallel Stability Barre (with connectors)
(6' 1:4; 12' 1:8)
- Mat (1:1)
- 12" Mini Stability Ball (1:1)
- 1.1 to 2.75 lb Mini Handweights/Soft Dumbbells (2:1)

Required Materials

- Total Barre: The Foundation Manual

Endurance 1 Workshop

This high-energy, four-hour workshop is a great opportunity for Instructors looking to bring music-inspired movement to their clients. Following the class template used in the Total Barre Foundation Course, Instructors learn unique choreography to create a biomechanically well-balanced and fun Barre program. Incorporating light props such as the Flex-Band®, Mini Stability Ball™ and Toning Balls™ gives Instructors more flexibility for their clients in an hour-long, endurance-focused class.

What You Learn

- How to apply the comprehensive alignment principles concept used in all Total Barre programs
- How to use the Total Barre template which provides choreography, and tempo for an hour Barre class
- How key movement segments are broken down in detail to provide optimum biomechanics
- How to work with music, phrasing and counting as well as teaching strategies, exercise variations and modifications to ensure classes are safe and effective for all participants

CECs

- Up to 0.4 STOTT PILATES; 4.0 REPS;
0.4 ACE; 2.0 canfitpro

Required Equipment

- Parallel Stability Barre (with connectors)
(6' 1:4; 12' 1:8)
- Flex-Band (1:1)
- 2 lb Toning Balls (2:1)
- 7.5" Mini Stability Ball (1:1)
- 12" Mini Stability Ball (1.1)

Endurance 2 Workshop

This workshop adds even more neuromuscular challenge to coordination learned in Level 1. Working in a continuous flow keeps the heart rate elevated, balance and strength exercises now use a number of props such as Handweights or Toning Balls™, Foam Rollers and Ankle Tubing to bump up the strength and calorie-burning results. Following the class template from the Foundation Course, experience a full-body workout with each segment targeting the muscular endurance of specific areas.

What You Learn

- How to apply the Total Barre Foundational Principles
- Movement essence and exercise goals
- How modifications increase exercise intensity and develop muscular endurance
- Cues and corrections for safety and effectiveness when cueing to music
- The basis to teach this pre-programmed class

CECs

- 0.2 STOTT PILATES; 2.0 REPS; 0.2 ACE; 1.0 canfitpro

Required Equipment

- Parallel Stability Barre (with connectors) (6' 1:4; 12' 1:8)
- Flex-Band (1:1)
- 2 lb Toning Balls (2:1)
- 7.5" Mini Stability Ball (1:1)
- 12" Mini Stability Ball (1.1)
- Strength Tubing Ankle (1:1)
- Foam Roller (1:1)

Amplified Workshop

Barre workouts have the potential to be both vigorous and enjoyable. Bring the energy of music to a challenging workout that is built on the Total Barre class template. This workout introduces elements of athletic conditioning and performance training to individual exercise segments of the full-body workout. Powerful music selections propel the intensity-driven routines to amplify the results and energize every participant.

What You Learn

- How to apply the Total Barre Foundational Principles to high-energy exercises and targeted segments
- Choreographed moves inspired by dance and athletic conditioning
- How music selections can increase energy output and physical benefits
- How to modify each of the 11 segments to focus training on specific movements or areas of the body
- How muscular endurance, strength, stability and agility can be trained with a fluid, yet high-intensity workout

CECs

- 0.4 STOTT PILATES; 4.0 REPS; 0.4 ACE; 2.0 canfitpro

Required Equipment

- Parallel Stability Barre (with connectors) (6' 1:4; 12' 1:8)
- 1.1 to 2.75 lb Mini Handweights/ Soft Dumbbells (2:1)
- Strength Tubing Ankle (1:1)
- Strength Tubing Core (1:1)
- 12" Mini Stability Ball (1:1)

Modified for Special Populations

Research shows that all active adults, even those with limited mobility and restricted movement, can benefit from exercising with music as it helps improve learning and memory, builds self-esteem, reduces stress and increases social interaction. Following the Total Barre template, appropriate biomechanical principles are taught to help with cueing, motivating and modifying safely for less mobile, active adult clients. Leave with a client program that increases flexibility, balance and postural stability.

What You Learn

- How to apply the Total Barre Foundational Principles
- How to use the Total Barre template
- Modifications appropriate for the still active but less mobile client
- Appropriate musical beats per minute for each section of the workout and the cues and corrections for safety and effectiveness

CECs

- 0.2 STOTT PILATES; 2.0 REPS; 0.2 ACE; 1.0 canfitpro

Required Equipment

- Parallel Stability Barre (with connectors) (6' 1:4; 12' 1:8)
- Flex-Band (1:1)
- 1.1 to 2.75 lb Mini Handweights/ Soft Dumbbells (2:1)
- 10" Mini Stability Ball (1:1)

Foundation Course US \$

Hosting fee* 2,300.00

Plus course materials per person* 48.75

Workshops US \$

Hosting fee* 310.00/hour†

Plus course materials per person* 7.00

A Lead or Master Instructor Trainer may be requested for an additional nominal fee.

† Hosting fee does not include Instructor Trainer travel costs, per diem or accommodations

* Price is based on the host site discount for course materials per participant

‡ Total calculated by rate x # of workshop hours



Modified for Pre- & Post-Natal

Expectant and new mothers alike will reap the myriad benefits of exercising with music in this unique Total Barre program. Not only will this workout keep new moms and moms-to-be moving, but the plus of moving to music will help tackle self-image issues, reduce stress, combat postural and muscle imbalances, and increase social interaction. Every move is designed to increase flexibility, balance, joint stability and pelvic floor activation all while boosting moods and lifting spirits.

What You Learn

- How to apply the Total Barre Foundational Principles in a pre- post-natal workout.
- How to use the Total Barre template to create a unique workout.
- Modifications appropriate for the pre and post-natal client taking physiological changes and requirements into account.
- How appropriate music selections help combat a variety of pre-and post-natal concerns.

CECs

- 0.2 STOTT PILATES; 2.0 REPS

Required Equipment

- Parallel Stability Barre (with connectors) (6' 1:4; 12' 1:8)
- 1.1 to 2.75 lb Mini Handweights/Soft Dumbbells (2:1)
- 7.5" Mini Stability Ball™ (1:1)

Creating Great Choreography to Music

The Total Barre system provides the perfect opportunity to combine music and movement to create more than just a pre-choreographed fitness class. Explore every step of the choreographic process including how to select music, how to hear counts and phrasing and develop a musical vocabulary. Next, learn how to match tempo, musical breaks, accents, lyrics and crescendos / diminuendos with physical versions of the same. Leave this interactive session with an 11-segment playlist, four new choreographed segments and one additional segment created by you, ready for your next class.

What You Learn

- How to apply Total Barre Foundational Principles to create individual exercise segments.
- How rhythm, pace, counts and phrasing contribute to effective choreography.
- How music selection and exercise choice increases energy output and physical benefits.
- Techniques to inspire clear, high-quality movement through positive verbal and visual cueing

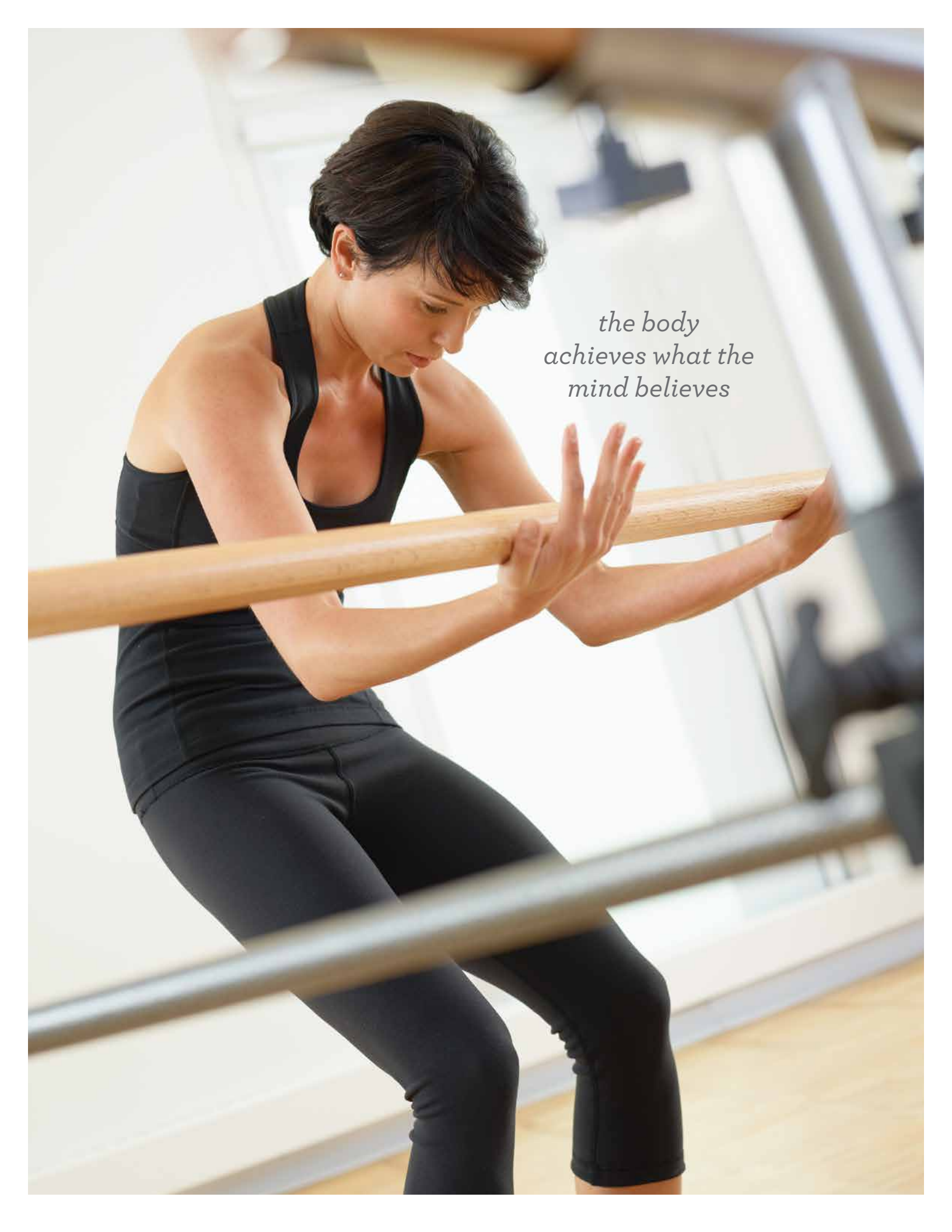
CECs

- 04 STOTT PILATES; 4.0 REPS

Required Equipment

- Stability Barre™ (6' 3:1; 8' 4:1)
- 1.1 to 2.75 lb Mini Handweights/Soft Dumbbells (2:1) or Toning Balls™ (2:1)
- Strength Tubing, Ankle (1:1)
- Strength Tubing, Core (1:1)
- 12" Mini Stability Ball (1:1)



A woman with short dark hair, wearing a black tank top and black leggings, is performing a barre exercise in a gym. She is leaning forward, holding a wooden barre with both hands, and her legs are bent at the knees. The background shows gym equipment and a bright, well-lit environment.

*the body
achieves what the
mind believes*

We've raised the barre.

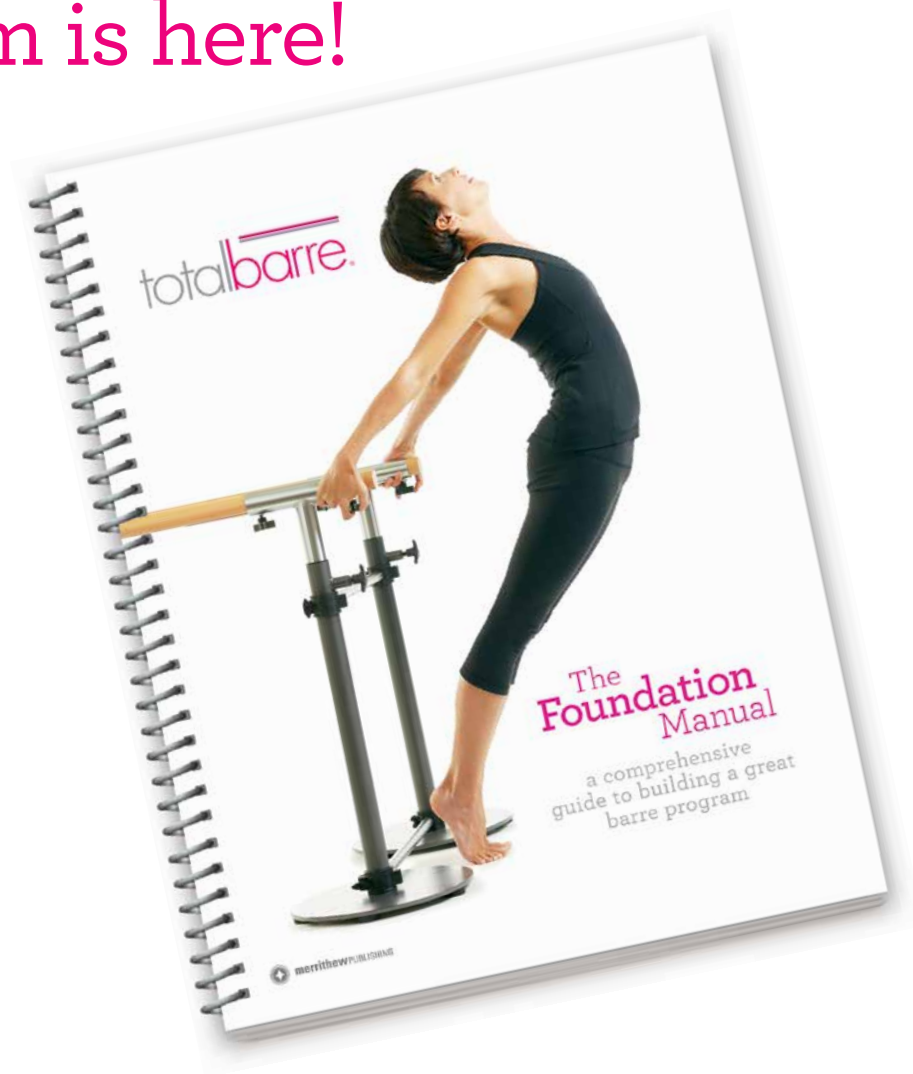
The most comprehensive guide to building a great barre program is here!

An invaluable tool for Pilates Instructors, mind-body professionals or movement specialists wishing to introduce a barre program or barre exercises into any type of one-on-one or group class.

Featuring:

- Over 200 color pages of step-by-step instructions & cueing techniques
- An 11-segment template with detailed Biomechanical Movement Essences
- Suggested music length & tempo
- Expansive teaching tips & a unique 'Be Aware' section

Learn more and see sample pages at merrithew.com/TBM



For more information contact our Education Sales Team:

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