

STOTT PILATES®

# Specialty Tracks

Focus your education and  
acquire new clients



## Become a STOTT PILATES Specialist

- Develop specialty programming for your clientele
- Discover the specific needs and modifications of unique groups
- Explore how market segments differ from one another
- Filter through the hundreds of workshop opportunities
- Earn CECs while working towards your Specialty Track designation

# Steps to become a Specialist

**A current STOTT PILATES certification** at any level is required in order to be recognized as a "Specialist" in any track.

**A total of eight workshops within each track** must be completed to receive the "Specialist" designation.

See "Things to Know" on the back cover for more information.



## Frequently Asked Questions

### **How far back do workshops count towards Specialty Tracks?**

We will accept any workshops taken after January 1, 2007 as part of the requirement for Specialist recognition.

### **Can I take workshops to earn a Specialty Track Designation if I am not a STOTT PILATES Certified Instructor?**

Any workshops taken prior to an individual becoming STOTT PILATES Certified is eligible for "Specialist" designation, however, status will not be granted until certification is achieved.

### **Do all STOTT PILATES workshops count towards Specialty Tracks?**

Only workshops listed under the Specialty Track Categories will count towards a designation.

### **Can I request a Specialty Track designation if I do not have a STOTT PILATES Certification?**

A current STOTT PILATES certification at any level is required in order to be recognized as a "Specialist" in any track.

### **If I am not up to date with my yearly CECs can I request a Specialty Track designation?**

If any individual completes all workshop requirements in any one track but does not hold a valid certification (i.e. yearly CECs have not been maintained), "Specialist" recognition will be granted only when certification is returned to good standing.

### **If I retake workshops in any track, will it count two times towards a designation?**

Individuals are welcome to retake workshops to earn CECs however, it will only count once towards Specialty Track designation.

# Specialty Track Categories

All workshops are open to any fitness professional and can be taken at training centers or educational conferences worldwide. STOTT PILATES® Certified Instructors who complete eight workshops within each category are eligible to receive the designation of STOTT PILATES Specialist.



## Active for Life

Specialized programming for the active aging population — learn to adapt the STOTT PILATES Principles and exercises for the active boomers and older adults. Address issues such as restricted mobility.



## Athletic Conditioning

For those who work with very fit and accomplished athletes — learn to improve strength, power and agility, while challenging unilateral movement, weight transference and torso rotation. Take your clients to a new level of athletic performance.



## Dance

Dance-inspired programs help clients build strength and stability while improving balance and flexibility. Learn specially designed exercises that combine fluidity of movement with sound biomechanical fundamentals.



## Golf Conditioning

Give your clients that extra edge. Learn exercises designed to increase strength, balance, flexibility and power. Condition the entire body, enhance core stability and body awareness to help boost performance on and off the green.



## Group Equipment

Group classes on equipment can be fun and invigorating with an experienced and qualified Instructor. Learn both classic and highly inventive exercises to guarantee stimulating sessions at a variety of levels.



## Group Matwork

Teaching effective and inspiring group Matwork classes requires skill, creativity and a complete repertoire of exercises. Learn techniques and selections to maintain motivation and ensure improvement even with a wide spectrum of clients



## Interdisciplinary

Learn to create Matwork and equipment-based workouts that draw from a number of disciplines creating flowing, functional movement sequences. These workshops teach STOTT PILATES modifications that focus on balance, control, fascia and restoration and result in fluid and harmonious workouts.



## Pre- & Post-Natal

Take moms-to-be from traditional Matwork to variations that address their changing bodies. Learn appropriate exercise adaptations taking individual factors into consideration such as fitness level and health concerns.



## Post-Rehabilitation Conditioning

For clients with injuries or special conditions — zero in on areas of the body which are most commonly injured. Learn to help your clients maintain strength after rehab and prevent future injuries.

For more information visit [merrithew.com/specialtytracks](http://merrithew.com/specialtytracks)

## For more info on Specialty Tracks

visit [merrithew.com/specialtytracks](https://merrithew.com/specialtytracks) or  
email [cecs@merrithew.com](mailto:cecs@merrithew.com)  
call **1.800.910.0001 ext. 0964**

Workshops not available in your area?  
Consider hosting Specialty Track workshops at your facility.

## Things to Know

Any individual wishing to receive recognition as a STOTT PILATES “Specialist” in any track must submit an electronic form at [www.merrithew.com/instructor-training/SpecialtyTracks/specialty-track-form](https://www.merrithew.com/instructor-training/SpecialtyTracks/specialty-track-form). If we are unable to verify that the required number of workshops has been taken, the applicant must submit documentation to support their request.

Any workshops taken prior to an individual becoming STOTT PILATES certified is eligible for “Specialist” designation, however, status will not be granted until certification is achieved.

If an individual completes all workshop requirements in any one track, but does not hold a valid certification (i.e. yearly CECs have not been maintained), “Specialist” recognition will be granted only when certification is returned to good standing.

If an instructor attends one workshop that appears in more than one Specialty Track, it will be counted toward completion of both tracks.



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