

## Merrithew Celebrates Its 30th Anniversary

→ **Merrithew**, cofounded by the husband-and-wife team of Lindsay and Moira Merrithew in 1988, this year will celebrate its 30th year in business with a number of special events and the unveiling of new programs and other offerings.

Originally known for its Pilates products and services, the company, based in Toronto, Ontario, Canada, has since become a global leader in mind-body education. Today, its extensive catalog of programs encompasses STOTT PILATES, STOTT PILATES Rehab, ZEN•GA, Total Barre, Halo Training, and CORE Athletic Conditioning & Performance Training.

Since its inception, Merrithew has focused on providing fitness professionals, rehabilitation and therapy professionals, studios and clubs, and athletic teams and fitness enthusiasts with quality education programming, equipment, and accessories. In all, it's trained more than 50,000 instructors in over 100 countries worldwide.

"We're humbled and extremely grateful for our global community of enthusiasts, fitness and healthcare professionals, training centers, and equipment partners," says president and CEO Lindsay Merrithew. "They've been a constant source of inspiration for us over the past three decades, and sharing our collective knowledge and enthusiasm for mindful movement has been incredibly rewarding.

"We're celebrating our 30th year with gratitude and renewed enthusiasm for making effective and responsible exercise regimens available to more and more people." →



Moira & Lindsay Merrithew