As Leaders in Mindful Movement™ the Merrithew™ name is synonymous with world-class educational programs, training and equipment. Co-founded by Lindsay and Moira Merrithew, for over 30 years Merrithew has developed cutting-edge programming and equipment based on the very latest in exercise science. To date, Merrithew has trained over 50,000 students around the world, and has influenced countless more.

Merrithew’s premium Pilates brand, STOTT PILATES® is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates, and is one of the safest, most effective methods of exercise available. Based on the principles of STOTT PILATES, and incorporating the most up-to-date research in health and fitness, Merrithew’s offerings include the branded programs STOTT PILATES Rehab, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre®, and HALO® Training, as well as a library of over 145 professional and consumer video titles that span varying fitness and experience levels.

Merrithew equipment and accessories are recognized as The Professional’s Choice™ – crafted from the highest-quality materials for maximum performance, and incorporate Merrithew’s ongoing commitment to eco-friendliness.
Founders’ Bios

Lindsay G. Merrithew  
President & CEO

The driving force behind the growth of Merrithew™, Lindsay has been twice nominated for Ernst & Young’s Entrepreneur of the Year, and is a five-time recipient of PROFIT Magazine’s 100 Fastest-Growing Companies Award.

In addition to providing the vision and strategically directing and growing Merrithew as a fully-integrated business, Lindsay is instrumental in designing, producing and marketing the company’s extensive education, equipment and video lines. To date, he has developed dozens of commercial products and has executive-produced over 170 DVDs for professional and consumer markets.

Lindsay is a past member of Ontario’s prestigious Innovators Alliance for elite entrepreneurs, and is consulted regularly by the trade and business media. He holds a Bachelor of Commerce degree from Dalhousie University in Halifax, Nova Scotia, and is a graduate of The Juilliard School of performing arts in New York City.

Moira Merrithew  
Executive Director, Education

A graduate of the Bermuda School of Russian Ballet and the Rambert School of Ballet and Contemporary Dance in London, England, Moira Merrithew embarked on an accomplished career as a principal dancer with the City Ballet of Toronto and the Atlantic Ballet Company before retraining as a Certified Pilates instructor under Romana Kryzanowska at the original studio founded by the late Joseph H. Pilates.

Together with Lindsay, she has spent over two decades promoting the benefits of responsible exercise through their brands STOTT PILATES®, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre® and Halo® Training. Working closely with a team of physical therapists, sports medicine and fitness professionals, they ensure all programming is aligned with current scientific and biomechanical research.

In addition to overseeing the creation of the curricula and support materials for the company’s Education & Certification programs, Moira is a content creator and featured performer in Merrithew’s extensive DVD series.
Merrithew Education

Our education offering illustrates the evolution of mindful movement and how our premier fitness brand, STOTT PILATES®, is the foundation upon which our new and growing mind-body modalities are based. The modern principles of exercise science are inherent in all of our modalities while also incorporating newer fitness practices such as fascial fitness, biomechanics of movement, functional fitness and core-integrated bodyweight training, all while maintaining the mind-body connection.

Our programs broaden our reach in the health and fitness industry providing opportunities for personal trainers, health care professionals, group fitness instructors, athletes and other specialists to diversify their knowledge base and cater to a wider client base.

Mindful Movement can be practiced by all ages, fitness backgrounds and abilities — helping professionals and clients to lead healthier, more active and mindful lives.
# Fast Facts

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1993</td>
<td>Equipment manufacturing division established.</td>
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<td>1994</td>
<td>Education division established to train and certify Instructors.</td>
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<tr>
<td>1996</td>
<td>First manufacturing facility opens on Carlaw Avenue in Toronto, Ontario.</td>
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<td>1997</td>
<td>First Licensed Training Center opens in Bloomfield Hills, Michigan.</td>
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<td>1998</td>
<td>First training video produced. Danforth studio is sold. Corporate Training Center opens and global headquarters moves to current location on Yonge Street in Toronto, Ontario.</td>
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<td>2001</td>
<td>First training manuals published.</td>
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<td>2002</td>
<td>First DVD series is produced.</td>
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<td>2003/04</td>
<td>Lindsay G. Merrithew is a finalist for Ernst &amp; Young Entrepreneur of the Year.</td>
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<td>2012</td>
<td>Co-founders Lindsay and Moira Merrithew named Inner IDEA Inspiration Award winners. Branded programs ZEN•GA® and CORE™ Athletic Conditioning and Performance Training™ are introduced.</td>
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<td>2013</td>
<td>Branded program Total Barre™ is introduced. A new Merrithew manufacturing plant opens on Tapscott Road, Toronto, Ontario.</td>
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<td>2014</td>
<td>Name changed from Merrithew Health &amp; Fitness to Merrithew™ — Leaders in Mindful Movement™.</td>
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<tr>
<td>2017</td>
<td>Over 50,000 trained worldwide.</td>
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<td>2018</td>
<td>Merrithew celebrates 30 years in business.</td>
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Featured Equipment

- Cadillac / Trapeze Table
- Split-Pedal Stability Chair™ (with handles)
- SPX® Max Reformer with Vertical Stand Bundle (Onyx)
- Wall-Mounted Stability Barre™ 8 feet
- V2 Max Plus™ Reformer
- Halo® Trainer Plus with Stability Ball™ & Pump
Featured Accessories

- Twist Ball™
- Signature Jacket
- Resistance Loop™
- Pilates and Yoga Mat XL
- Total Body Roller (Green)
- Play & Exercise Kit for Kids
Merrithew™ celebrates 30 years of Mindful Movement

Toronto, ON, January 30, 2018 – Merrithew™, Leaders in Mindful Movement™, this year celebrates 30 years in business.

As the global leader in mind-body education and equipment, Merrithew’s reach has grown over the past three decades to include more than 50,000 trained instructors in over 100 countries worldwide. “We are humbled and extremely grateful for our global community of enthusiasts, fitness and health care professionals, training centers and equipment partners,” President & CEO Lindsay G. Merrithew says. “They have 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.”

For 30 years, Merrithew has focused on providing fitness professionals, rehabilitation and therapy professionals, studios and clubs, athletic teams and fitness enthusiasts the very best in education programming, equipment and accessories. The company’s extensive mind-body exercise education includes branded programs, STOTT PILATES®, Merrithew’s premier Pilates brand, STOTT PILATES Rehab, ZEN•GA®, Total Barre®, Halo® Training and CORE™ Athletic Conditioning & Performance Training™.

Merrithew will celebrate this extraordinary achievement with a year that includes special events and the launch of new programming and offerings. Details will be released as they become available at www.merrithew.com.

For media inquiries and more information please contact: communications@merrithew.com
Merrithew™ introduces new STOTT PILATES® Specialty Track

Toronto, ON, May 15, 2018 – Merrithew™ has developed a new STOTT PILATES® Specialty Track dedicated to modifications of exercises that focus on balance, control, fascia and restoration.

STOTT PILATES Specialty Tracks set Certified STOTT PILATES Instructors apart and enhance career development by offering specialty programming that accommodates the specific needs and modifications of unique groups in varying market segments. Instructors earn Continuing Education Credits for professional development as well as a Specialty Track designation. STOTT PILATES Specialty Tracks include: Active for Life, Athletic Conditioning, Dance, Golf Conditioning, Group Equipment, Group Matwork, Pre- and Post-natal, Post-Rehabilitation Conditioning and Interdisciplinary.

The Interdisciplinary Track is aimed at fitness professionals, Pilates, yoga and group fitness instructors who want to build fluid and harmonious workouts that focus on moving the entire body while integrating fascial fitness and functional movement. Using unique small props such as the Mini Foam Roller™ and small weights, Interdisciplinary Track workshops emphasize flow, fluid sequencing and allowing the client to feel end-range movements while adjusting the exercise to suit their current condition.

Many of the workshops are mat-based and include a variety of standing, seated and lying down exercises, which allow instructors to build and enhance workouts by integrating the concepts of fascial integration, foundational movement patterns and preparatory counter movements.

“The Interdisciplinary Track is an excellent opportunity for Instructors to discover how to build a sense of continuity in workouts while stimulating the myofascial system across a range of different fitness modalities,” said Moira Merrithew, Executive Director, Education. “These workshops are based on cutting-edge fitness research, and are immensely useful in tailoring workouts to individual client needs.”

For more information on the Interdisciplinary Track and other STOTT PILATES Specialty Tracks, contact an Education Advisor at educationadvisor@merrithew.com or call 1-800-910-0001 ext. 288.