

Student Guide

Toronto, Canada

Welcome new and returning Merrithew™ students!

The following information is provided to help you adjust to the routine at the Toronto Corporate Training Center.

Where we are located

Merrithew Corporate Training Center
2200 Yonge Street, Suite 500, Toronto, Ontario M4S 2C6
647.725.0923

Getting to the studio

Taxi

- Taxis to downtown hotels in Toronto cost between \$50–\$60 CDN from Pearson International Airport. Travel time: 40–50 mins.
- To the studio from downtown Toronto costs approximately \$20–\$25 CDN and takes 20–25 mins.

Public Transit

- The Union Pearson (UP) Express runs from Toronto Pearson International Airport to Union Station. A one-way ticket costs \$12 CDN and the trip takes about 25 minutes.
- The TTC bus (192 Airport Rocket) travels from the airport to Kipling Subway Station along the Bloor-Danforth Subway Line and costs \$3.25 CDN.
- From Union Station or downtown, take the TTC subway, head Northbound towards Finch Station on the Yonge-University/Spadina line and get off at Eglinton Station.

Public Parking

Designated parking is not available, however there are a number of parking options:

- Street parking on neighborhood side streets.
- Municipal parking lot (Green P) on Holly Street east of Yonge, south of Eglinton.
- Parking lot within the building, adjacent to the Cineplex, enter off Berwick Avenue, south of Eglinton, west of Yonge.

First day of class

What to Bring

- Manuals
- Pen and paper
- Workout clothes
- Lock

Check-In with Studio Reception

When you arrive, head to the Studio Reception Area and state that you are attending a STOTT PILATES Education course. Our staff will provide a tour of the facilities, and ensure that you are prepared to start your training.

Students have access to the change rooms, showers, lockers (in the student lounge), and group fitness classes during the duration of the course.

Contact the Education Advisors to ...

- Order required course materials
- Book exams
- Book private sessions (review, for CECs, make-up missed class time)
- Pay for course fees, exams, or private sessions
- Audit a course
- Volunteer to be an Exam Body
- General Merrithew Education questions

Education Advisors

educationadvisorontario@merrithew.com
or **1.800.910.0001 ext. 300**



Studio use

Practice & Practice Teaching

Practice teaching hours are available in the Education Studio. These times are subject to availability, please check with a Studio Coordinator.

Observation of Private Clients

Students are invited to observe sessions as part of their education requirement. You are expected to discreetly observe while taking notes, so as not to distract the class or the Instructor. Please refrain from talking to fellow students during this time. Due to capacity restrictions, we recommend you submit an email request to ensure availability.

Observe a Class

Sign-up in the Student Reception Area to observe or take part in a group class, or observe a private session. (space permitting)

Group Class Rates

Find the studio schedule online at

www.stottpilates.com/studio/schedule

Note that in order to join our STOTT PILATES equipment classes we require students enrolled in a Matwork course without prior equipment education to participate in an orientation session.

Studio Coordinator

studio.toronto@merrithew.com or **647.725.0923**

Our policies

Registration Policy

A 20% deposit is due at time of enrollment with the course application. Final payment is due four weeks before the course begins. Workshops must be paid in full at time of booking.

Cancellation Policy

If the student cancels a workshop or course enrollment less than four weeks prior to the start date of the workshop or course, there is no refund of monies paid. Where enrollment is cancelled with more than four weeks notice the 20% deposit is forfeited toward cancellation fee.



Where to Stay

The following list of accommodation is provided as a resource for students researching housing options. Merrithew does not endorse or recommend any particular organization identified.

HOTELS LOCATED NEARBY

Toronto Marriott Downtown Eaton Centre Hotel

Convenient downtown Toronto location – 7.4 km

525 Bay Street, Toronto, Ontario M5G 2L2

416.597.9200

marriott.com/hotels/travel/yyzec-toronto-marriott-downtown-eaton-centre-hotel/

Glen Grove Suites

Located in the Lawrence Park area – 1.65 km

2837 Yonge Street, Toronto, Ontario M4N 2J6

416.489.8441

glengrove.com

Novotel Toronto North York

Located in uptown Toronto – 7.3 km

3 Park Home Avenue, Toronto, Ontario M2N 6L3

416.733.2929

novotel.com/gb/hotel-0910-novotel-toronto-north-york/index.shtml

Maryam Hotel and Suites

Uptown near Yonge and Sheppard – 7.72 km

170 Willowdale Avenue, North York, Ontario M2N 4Y6

1.877.762.7926

maryamsuites.com

For more hotel/lodging options visit airbnb.com or toronto.com

There are many other housing options in Toronto. You may prefer to stay in a B&B, shared accommodation or in a short-term rental suite.

Find more information and options on our website merrithew.com/instructor-training/wheretotrain/ontario-toronto/student-guide

Merrithew™ Leaders in Mindful Movement™ is the global leader in mind-body education, equipment, and media. Over 60,000 trained in over 100 countries.

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