

2023 Course Calendar for Over Fifty Fitness

Course or Workshop	Dates	Times	Pricing
STOTT PILATES® Intensive Reformer	January 12-15 and 19-22, and February 3-4	Thurs-Sat 12p-530p Sun 9a-230p	Course: \$1730 Materials: See below
STOTT PILATES® Intensive Mat Plus ONLINE	February 22-26 and March 8-12	Wed-Sun 12p-430p	Course: \$1205 Materials: See below
STOTT PILATES® Intensive Cadillac	April 19-23	Wed-Sat 12p-530p Sun 9a-230p	Course: \$945 Materials: See below
STOTT PILATES® Intensive Barrels	April 28-29	Fri-Sat 12p-530p	Course: \$395 Materials: See below
STOTT PILATES® Intensive Stability Chair	June 2-4	Fri-Sat 12p-530p Sun 9a-230p	Course: \$575 Materials: See below
CEC Workshops TBA ONLINE	June 11	Sunday Times TBA	Workshop: \$165 each Extra 10% discount for bundling both workshops.
STOTT PILATES® Advanced Cadillac	August 26	Sat 12-7p	Course \$235 Materials: See below
STOTT PILATES® Advanced Stability Chair	August 27	Sun 9a-12p	Course \$185 Materials: See below
STOTT PILATES® Advanced Barrels	August 27	Sun 1p-4p	Course \$185 Materials: none required
CEC Workshops TBA ONLINE	October 22	Sunday Times TBA	Workshop: \$165 each Extra 10% discount for bundling both workshops.
STOTT PILATES® Advanced Matwork ONLINE	November 11-12	Fri 3p-6p Sat 1230p-330p	Course \$235 Materials: below
STOTT PILATES® Advanced Reformer	December 1-3	Fri-Sat 12p-7p Sun 9a-4p	Course \$710 Materials: below

Materials: Please visit <https://www.merrithew.com/instructor-training/stott-pilates/courses#imp> and click on required materials to view the needed materials and their costs for each course. Please note, most manuals and DVD's can be purchased on Amazon.com. The Matwork and Reformer Support Materials Book and digital videos can only be purchased through the Merrithew website.

Registration/Payment: A 20% deposit is required to register for all courses. Final payment is due 2 weeks before the start of the course. Full payment is due at the time of registration for all workshops. All deposits and final payments for courses and workshops are non-refundable. Credit card payments will not receive discounts. A 4% fee will be added to credit card transactions.

Contact Education Manager, Jenny McCalip with questions at jenmccalip@me.com or call (937) 825-0278.

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