

## 2021 Course Calendar for Practice Fitness

Course or Workshop	Dates	Times	Pricing
STOTT PILATES® Intensive Mat Plus	April 8-11 and 22-25	Thurs-Sat 12p-5:30 Sun 10a-3:30p	Course: \$1205 Materials \$175* Support Manual \$32.50*†
STOTT PILATES® Intensive Reformer	May 6-8, May 20-23, and June 4-6	Thurs-Sat 12p-5:30p Sun 10a-3:30p	Course: \$1730 Materials \$225* Support Manual \$32.50*†
STOTT PILATES® Intensive Cadillac	June 16-20	Wed-Sat 12p-5:30p Sun 10a-3:30p	Course: \$945 Materials: \$225.00*
STOTT PILATES® Intensive Stability Chair	June 25-27	Fri--Sat 12p-5:30p Sun 10a-3:30p	Course: \$575 Materials: \$105*
STOTT PILATES® Intensive Barrels	July 23-24	Fri-Sat 12p-5:30p	Course: \$395 Materials: \$195*
STOTT PILATES® Advanced Cadillac	August 28	Sat 12-7p	Course \$235 Materials: \$49.95*
STOTT PILATES® Advanced Stability Chair	August 29	Sun 11-2p	Course \$185 Materials: \$105
STOTT PILATES® Advanced Barrels	August 29	Sun 3-6p	Course \$185 Materials: none required
<b>CEC Workshops</b> Conditioning for Golf & Rotational Power on the Mat Functional Towel Workout Pilates with the Medicine Ball	October 24	Sunday 9a-11a  11:30-1:30  2:00-4p	Workshop: \$110 each Extra 10% discount for bundling all three workshops.
STOTT PILATES® Advanced Reformer	November 5-7	Fri-Sat 12p-7p Sun 10a-5p	Course \$710 Materials: \$125*
STOTT PILATES® Advanced Matwork	November 13	Sat 12p-7p	Course \$235 Materials: \$45.95*

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. \*Taxable item. †You only need to purchase the Support Manual one time for all courses.

Contact Education Administrator Jenny McCalip with questions at [jenmccalip@me.com](mailto:jenmccalip@me.com) or call (937) 371-8176.

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