

**STOTT PILATES Workshops**  
**Delivered by Litton Lane Training**  
**Instructor Trainer – Dani Gonzalez**  
**20 March 2010**

**The Pavilion, Merrion Village, Merrion Road, Dublin 4**  
**20 March 2010**  
**10-12 noon**

**Power Paced Fitness Circle®**

This exciting, fast-paced workout uses the Fitness Circle® resistance ring in innovative ways to add variety and challenge to group classes or personal training programs. Learn fun yet demanding programming designed to complement Matwork™ and motivate clients. Let the power of the Fitness Circle increase intensity while maintaining a focus on core connection and exercise execution.

**LEARNING OBJECTIVES:**

- Apply the principles of STOTT PILATES® to Fitness Circle® exercises.
- Understand movement essence and exercise goals.
- Learn programming to increase endurance and maintain pace using the Fitness Circle®.
- Learn cues and corrections for safety and effectiveness.

**FORMAT:**

Workshop

**CECs:**

0.2 STOTT PILATES®

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**The Pavilion, Merrion Village, Merrion Road, Dublin 4**  
**20 March 2010**  
**12.30-2.30 pm**

**Intense Sculpting Challenge OR Flex-Band® Level 4**

Build challenge and diversity with this Level 4 Flex-Band® exerciser workshop. Learn how to challenge core and peripheral strength with the resistance provided by the Flex-Band® and increase exercise intensity in the areas of neuromuscular coordination, balance, strength and flexibility. This workout will offer exercise variations and options to motivate any group or private client.

**LEARNING OBJECTIVES:**

- Apply the principles of STOTT PILATES® to an Intermediate/Advanced level workout with the Flex-Band® exerciser.
- Understand how movement essence and exercise goals remain constant even against resistance.
- Focus on maintaining core stability while building upper and lower body strength and mobility.
- Learn cues and corrections for safety and effectiveness.

**FORMAT:**

Workshop

**CECs:**

0.2 STOTT PILATES

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**The Pavilion, Merrion Village, Merrion Road, Dublin 4**  
**20 March 2010**  
**3-5 pm**

**Muscular Strength & Endurance for Teens NEW**

Mind-body exercise like Pilates can be essential to the development in mind and body of pre-teens and teenagers. This mat-based workout incorporates Toning Balls™ and the Fitness Circle® and will provide tons of exercises that can be used to create fun and enjoyable workouts designed to keep teens engaged and challenge them both physically and mentally. In youth, overall body awareness can be beneficial, good posture promotes improved body image and proper breathing techniques help with stress reduction. These issues and more will be addressed with simple functional exercises that focus on stability, balance and flexibility in a fun, quick moving routine designed to promote active lifestyle choices.

**LEARNING OBJECTIVES:**

- Apply principles of the STOTT PILATES® method to select Matwork™ exercises.
- Understand movement essence and exercise goals as applied to the teen market.
- Explore how Pilates-based exercises can be beneficial to youth development.
- Learn cues and corrections for safety and effectiveness.

**FORMAT:**

Workshop

**CECs:**

0.2 STOTT PILATES®