



Workshops

Develop your skills with innovative new programming.



Total Body Toning (weighted balls) Saturday 20 February 2021

This workshop, developed by the Merrithew team, is a combination of two distinctive, energizing workouts. Part one of this workshop uses a soft, weighted Toning Ball to sculpt and define the arms and upper body. Then get sleek and strong from head to toe with a seamless combination of Toning Ball resistance and STOTT PILATES precision using exercises adapted from the Matwork repertoire.

Sculpt & Tone (Flexband) Saturday 27 February 2021

Add variety and challenge to existing Matwork routines by incorporating the Flex-Band exerciser. In this workshop, developed by the Merrithew team, use the dynamic resistance of the Flex-Band to isolate and tone peripheral muscle groups while assisting core stabilization. Learn cues and corrections as well as modifications to ensure safety and effectiveness for all body types.

Bodyweight Training Saturday 06 March 2021

Can using only bodyweight create an effective workout for any level client? Absolutely! Explore a workout that takes you through a series of standing exercises designed to strengthen and tone from the ground up. No additional props or external resistance are needed in this creative full-body training session that targets muscular strength and endurance, balance and control. Exercise variations are included to increase or decrease challenge and intensity as well as discussions of cueing and motivating techniques.

Precision & Control + Fitness Circle Saturday 13 March 2021

Long used as a staple in private and group training sessions, this workout developed by the Merrithew team, demonstrates how the Fitness Circle can be incorporated into a series of less traditional Matwork exercises. The resistance ring adds challenge to the peripheral limbs, activates the core and helps achieve increased functionality and improved performance. It also reinforces correct muscle firing patterns and helps ensure correct positioning while adding an element of fun and variety.

To register, email Louise at louise0110@btinternet.com

ONLY make payment upon receipt of confirmation of your place to:-

Mrs Caroline Murray, Barclays Bank
Sort Code: 20-65-18 Account: 4081 5209

Please use your name as reference & only receipt of full payment will secure your place/s

Time: 09.30 – 11.30 (2 hrs)

Cost: £ 90 each

Earn CECs: 0.2 each

Education

2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6
416.482.4050 | 1.800.910.0001 | 0800.328.5676 (UK)
education@merrithew.com merrithew.com