



Equipment & Accessories Catalog

2023





The Merrithew™ seal represents our commitment to and guarantee of maintaining the highest standards for superior design, education and craftsmanship.

Visionary Leadership

As Leaders in Mindful Movement™, our products serve the growing mind-body modalities, and support our customers in achieving their fitness goals.

Craftsmanship

Our products are synonymous with the highest quality and finest manufacturing materials in the industry, and are crafted with pride and precision. Sleek and aesthetically pleasing, our versatile and durable equipment is designed for absolute safety and effectiveness.

Commitment to Education

Since 1988, we have been committed to developing effective and responsible exercise for fitness professionals and exercise enthusiasts with the creation of unique, high-integrity fitness programs spanning a variety of exercise modalities.

Passion

With a bright and talented team of fitness and health care professionals and mind-body enthusiasts, we're continually evolving and staying ahead of the curve as a driving force in the industry.

Environmental Commitment

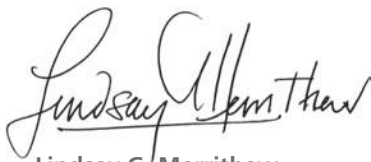
We place great emphasis on the health of our planet and continue to grow our eco-friendly product offerings. Our eco-friendly products are made with high-quality materials, including hypo-allergenic options. All of our products comply with California Proposition 65 and many meet or even exceed Europe's RoHS and REACH standards.

Best-in-class equipment built with passion, integrity & quality

As the world of fitness science moves steadily forward, our education and equipment continue to do the same, without compromising our commitment to originality, safety, effectiveness and quality.

Over the past years, the range of mind-body modalities has continued to grow and become more inclusive. We continually see a range of diverse populations including elite athletes, rehabilitation clients and active aging patrons enter into the world of mindful movement to improve the quality of their lives and their overall performance. To reflect the expanding horizon of mind-body fitness, we work in tandem with an exceptional team of engineers, physical therapists, sports medicine and fitness professionals to deliver new offerings that will help your business welcome new students to the practice of mind-body movement. Some of our offerings include Parallel Stability Barres™, perfect for dynamic and plyometric movements and can accommodate twice as large a group. Cost-effective Studio and Accessory Bundles, complete with multiple Reformers and complementary accessories, make creating or upgrading a studio simple. The Stability Barrel™ is perfect for further challenging balance on or off of the Reformer, and the High-Precision Gearbar offers twice as many settings on the Reformer.

We're honored to be recognized as The Professional's Choice™ worldwide by studios, fitness facilities and fitness professionals. We continue to create safe and effective equipment that in turn will provide safe and effective exercise to support your studio and clients' needs.



Lindsay G. Merrithew
PRESIDENT & CEO



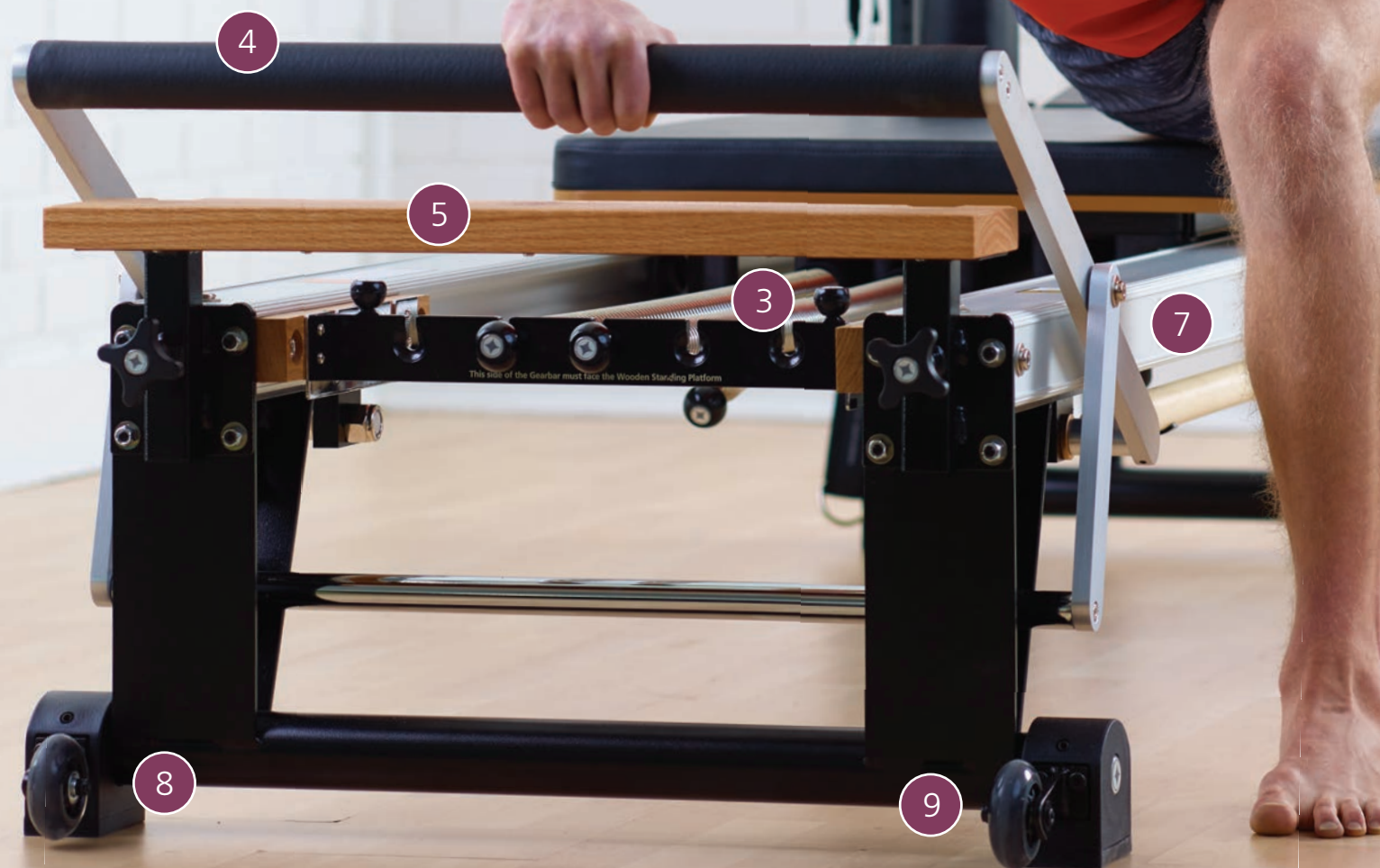
Reformers

Engineered for precision
and performance

Our entire line of professional Reformers features superior adaptability, versatility and craftsmanship. Ongoing development by our in-house team of fitness professionals and engineers allows us to refine and continually improve our machines so they keep pace with the advancements in exercise science and client needs.



Get the most out of your equipment with
digital workouts on Merrithew Connect™





Anatomy of a Reformer



Max Plus™ Vertical Frame

Combines the features of a Cadillac, offering maximum functionality in minimum space with the patented Travelling Pulley System.



Patented Retractable Rope System

Recoiling rope reels and self-locking cleats allow for easy and precise rope adjustments on the go. Longer ropes add increased range of motion and fluidity to exercises.



Neoprene Spring Sleeves

Minimizes noise, allows for smoother spring extension and provides a handy grip for changing springs.



Comfort Footbar

Foam covering provides superior comfort and less compression on feet and hands.



Wooden Standing Platform

Solid wood platform provides a continuous surface for standing or sitting. Non-skid surface for added safety.



Strap Hooks

Carriage-mounted hooks provide easy access to straps when changing exercises.



Roll-Up Pole Hooks

Keep Roll-Up Pole handy with convenient under-carriage hooks.



High-Traction Reformer Feet

Durable silicon rubber and PVC provides superior grip and keeps Reformer firmly in place on all types of flooring.

Available only on V2 Max™ & Rehab V2 Max Reformers



Easy-Roll Wheels

Wheels at the front and back make it easy to reposition the Reformer.

Choosing a Reformer



1 SPX® Max Reformer

- Ideal for fitness clubs or multi-purpose studios
- Lightweight and stackable
- Standing option
- Most cost-effective option

SPX® Max Reformer Bundle	ST-01080
SPX® Max Reformer Bundle with Tall Box	ST-11049
SPX® Max Reformer with Vertical Stand Bundle	ST-11032
SPX® Max Reformer with Vertical Stand and Tall Box Bundle	ST-11054
SPX® Max Plus™ Reformer Bundle	ST-01081
SPX® Max Plus™ Reformer Bundle with Tall Box	ST-11050

2 V2 Max™ Reformer

- Ideal for boutique studios and dedicated spaces
- Suitable for all types of clients
- Versatile programming options

V2 Max™ Reformer Bundle	ST-01082
V2 Max™ Reformer Bundle with High-Precision Gearbar	ST-11080

3 Rehab V2 Max™ Reformer

- Ideal for therapy and rehabilitation
- Higher carriage for easier mounts
- Can double as a treatment table with use of a Mat Converter

Rehab V2 Max™ Reformer Bundle	ST-01084
Rehab V2 Max Plus™ Reformer Bundle	ST-01085

Upgrades



High-Precision Gearbar System™

Twice as many gearbar positions than on our traditional system; with more resistance/spring tension options.

ST-05109



Colors

Choose from six standard colors or 20 custom colors.

Reformer Extension

Add an additional 6"/15 cm to both the frame and the carriage on your Reformer. For additional support, the Extension Upgrade also includes mid-rail legs. A great option for tall clients or those with long torsos.

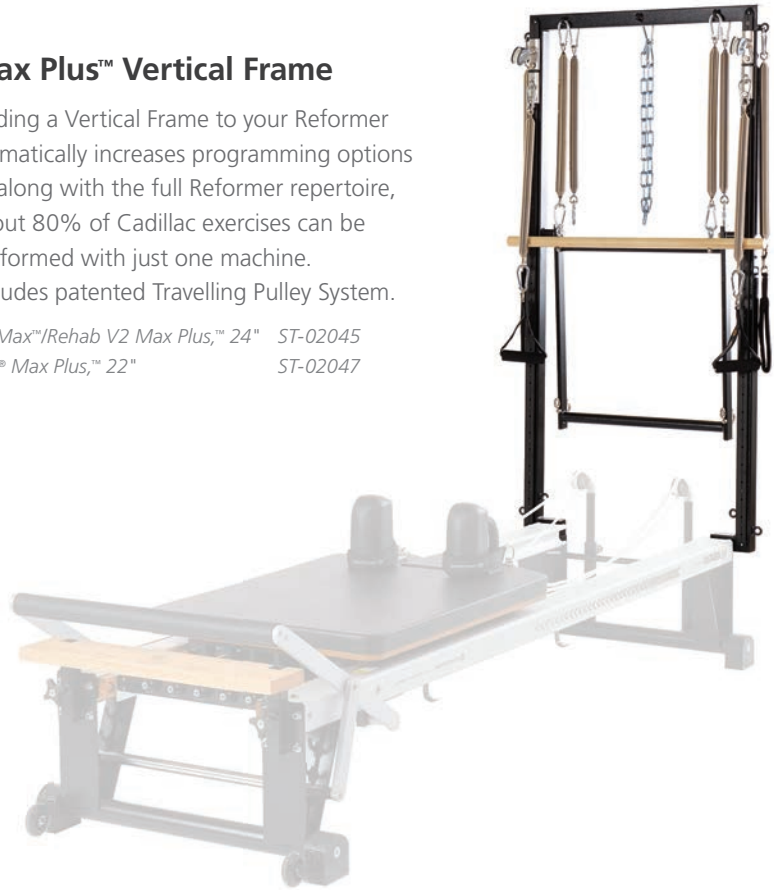
ST-02096



Max Plus™ Vertical Frame

Adding a Vertical Frame to your Reformer dramatically increases programming options — along with the full Reformer repertoire, about 80% of Cadillac exercises can be performed with just one machine. Includes patented Travelling Pulley System.

V2 Max™/Rehab V2 Max Plus,™ 24" ST-02045
SPX® Max Plus,™ 22" ST-02047



Reformer Rail and Roller Cleaning Kit

ST-02222



SPX® Max Reformer with Vertical Stand Bundle, Onyx

This Reformer stands on its end for convenient storage.

With the High-Precision Gearbar ST-11068
Without the High-Precision Gearbar ST-11078
SPX® Max Reformer (Onyx) with Vertical Stand Bundle, Tall Box and High-Precision Gearbar ST-11076

V2 Max Plus™ Reformer Bundle

Includes a Mat Converter, Reformer Box with Footstrap, Padded Platform Extender, and Maple Roll-Up Pole.

With the High-Precision Gearbar ST-11079
Without the High-Precision Gearbar ST-01083

INTRODUCING THE NEW

MPX™ Essential Reformer



Premium Performance, Competitive Price

New to the Merrithew™ Professional Series, the MPX is the perfect start-up Reformer for multi-purpose gyms, hotels and studios. It offers versatility, functionality, quality and performance at a competitive price.

Featuring our hallmark craftsmanship and top-quality components, this entry-level commercial Reformer is built to deliver a superior workout while withstanding high-frequency use.

Benefits

- Accommodates all exercise levels
- Delivers a dynamic full-body workout
- Pairs with additional accessories
- Stores upright with the Vertical Stand

ORDER NOW

SKU: ST-11091

MPX™ Essential Reformer with
Vertical Stand (black on black)

Features

- Traditional Springs Package – includes 5 Reformer springs (4 × 100%, 1 × 50% tension)
- 5 Neoprene Spring Covers
- Traditional Rope System
- Traditional Gearbar System
- Double Loop Straps
- Carriage Stopper
- Vertical Stand
- Easy-Roll Wheels
- Two-year warranty

BONUS!

Includes 60-day free access to Merrithew Connect™ with 200+ workouts!

*First-time users only



Key Components



Vertical Stand

Store upright for space-saving convenience.



Traditional Springs

Built for precision and long-lasting performance.



Traditional Gearbar

Load, lock and adjust resistance quickly and easily.



Traditional Rope System

Customize rope length for any client or workout.



Carriage

Glide on our whisper-smooth patented rolling system.

Built for Every Client

- 5 Reformer springs (4 x 100%, 1 x 50% tension)
- 3 gearbar positions
- 6 carriage stopper positions
- 3 headrest positions
- 4 footbar positions

Dimensions

- Overall width: 26 in (66 cm)
- Overall length: 96.5 in (245 cm)
- Carriage width: 22 in (56 cm)
- Carriage length: 38.5 in (98 cm)
- Height from floor: 9.5 in (24 cm)
- Weight: 125 lbs (56.7 kg)
- Weight capacity: 250 lbs (113 kg)



SKU: ST-11091
MPX™ Essential Reformer with Vertical Stand (black on black)

Optional Accessories



Jumpboard

A firm, padded surface that encourages biomechanically sound foot placement for plyometric and aerobic exercise.

ST-02227



Cardio-Tramp® Rebounder

Transform the MPX into a heart-pumping cardio machine with this versatile tool for rebounding activity.

ST-02068



Package Accessories

(sold separately or as part of the MPX Reformer Package)

Expand programming and modification options with:

Reformer Box with Footstrap (ST-02244)

Padded Platform Extender (ST-02074)

Metal Roll-Up Pole (ST-06085)

MPX Reformer Package (ST-11095)

2-YEAR LIMITED WARRANTY

See full details: merrithew.com/support/warranty

Reformer Accessories



Cardio-Tramp® Rebounder*

V2 Max™/Rehab V2 Max, 24" ST-02067
SPX®/SPX Max, 22" ST-02068



Jumpboard

V2 Max/Rehab V2 Max, 24" ST-02017
SPX/SPX Max, 22" ST-01043



Rotational Diskboard™

V2 Max/Rehab V2 Max, 24" ST-02051
SPX/SPX Max, 22" ST-02054



Soft Footbar

V2 Max/Rehab V2 Max, 24" ST-02004
SPX/SPX Max, 22" ST-01040



Rotational Disks

Sturdy and versatile to help improve strength through rotation.

10" pair ST-06024
12" pair ST-06002
19" single ST-06039

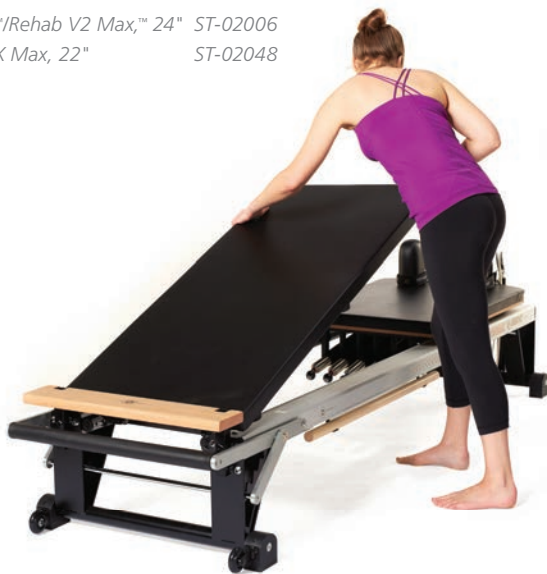


Reformer Box with Footstrap

Regular ST-02000
Extra Tall ST-02001
Extra Long ST-02002

Mat Converter

V2 Max™/Rehab V2 Max,™ 24" ST-02006
SPX®/SPX Max, 22" ST-02048



Padded Platform Extender

V2 Max/Rehab V2 Max, 24" ST-02015
SPX/SPX Max, 22" ST-02069



Weighted Bar

2 lbs/0.9 kg ST-02115



Maple Roll-Up Pole

0.6 lbs/272 g ST-06008

Vinyasa Triangle™

V2 Max/Rehab V2 Max, 24" ST-02111
SPX/SPX Max, 22" ST-02112



Gripper Mat

Black ST-02224



Eco-Friendly Pilates Pad

Blue ST-02101



The Cross-Bow™

Fits both 24" and 22" Jumpboard ST-02102
Jumpboard & The Cross-Bow Combo –
24 inch (V2 Max/Rehab V2 Max) ST-02103
Jumpboard & The Cross-Bow Combo –
22 inch (SPX/SPX Max) ST-02104

Foam Cushions

A, 9" x 6" x 1" ST-06004
B, 9" x 6" x 3" ST-06003
C, 13" x 10" x 2.5" ST-06005



Foam Grip Handles

ST-02007





Our products are
available in a variety of
bundles and options.
Visit merrithew.com for
more information.

**Split-Pedal
Stability Chair™**
with handles

ST-01018

Commercial Equipment

Multiple options for every studio or facility



Ladder Barrel

ST-01010



Spine Corrector

ST-01011



Spine Supporter

ST-01016



Stability Barrel™ Lite

ST-02230



Mini Stability Barrel™ Lite with Mat

Mini Stability Barrel Lite
Bundle (mini & mat)

DC-85221

Mini Stability Barrel Lite

ST-02231

Mat – Mini Stability Barrel Lite

ST-02236



Arc Barrel

Arc Barrel

ST-01012

Arc Barrel Deluxe (wood sides)

ST-01013



Cadillac/Trapeze Table

ST-01003



Merrithew Connect™ provides variety and inspirational workouts for all Merrithew equipment.



Our barres come in multiple sizes and configurations to fit your space, all available in gray or white.

Stability Barre™

Expand a home or studio practice with professional-grade barres



Stability Barre – 6 ft gray

👤 ST-02113



Stability Barre Connectors

ST-05113



Parallel Stability Barre – 8 ft white

👤👤👤 ST-02207



Stability Barre – 12 ft gray

ST-02169

Wall-Mounted Stability Barre – 8 ft white

ST-02211



Adjust to
multiple heights



Move barre
to add
more length



Weighted circular
base with
non-skid grip

At Home Reformers



At Home SPX® Reformer Package

The professional-quality At Home SPX Reformer is durable, versatile and easy to use. It provides a challenging workout for users of all fitness levels and backgrounds. Enjoy the benefits of increased core strength, flexibility, mobility and endurance without stressing the joints. Accommodates heights up to 6'4"/1.93 m with easy adjustments and a whisper-smooth, patented rolling mechanism. Spring resistance develops longer, leaner muscles.

ST-11010

Includes

- At Home SPX Reformer
- Reformer Box with Footstrap
- Padded Platform Extender
- Metal Roll-Up Pole
- Double Loop Straps
- Digital Workouts
- Easy Start Poster

Carriage

W 22"/56 cm x L 38.5"/98 cm

Reformer

W 26"/66 cm x L 96.5"/245 cm x H 10"/25.4 cm
115 lb / 52 kg



Elevated At Home SPX® Reformer Package

This Pilates Reformer package provides everything necessary for the ultimate full-body workout. The Elevated model is 16.25"/41.3 cm high from the floor, increasing accessibility and comfort, making it ideal for people with injuries or mobility issues.

ST-11072

Includes

- Elevated At Home SPX Reformer
- Reformer Box with Footstrap
- Padded Platform Extender
- Metal Roll-Up Pole
- Double Loop Straps
- Digital Workouts
- Easy Start Poster

Carriage

W 22"/56 cm x L 38.5"/98 cm

Reformer

W 26"/66 cm x L 96.5"/245 cm x H 16.25"/41.3 cm
125 lb / 56.7 kg

Halo® Trainer Plus

Bodyweight training with no limits



Stability Ball™
22" (55 cm) diameter

Halo® Trainer Plus

Weighted frame 8.5 lbs (3.85 kg)

Hand Pump



Check out **Merrithew Connect™**
for digital workouts

Halo Trainer Plus

8.5 lb/3.85 kg

ST-02208

Halo Trainer Plus with Stability Ball & pump

8.5 lb/3.85 kg

ST-02209

Halo Trainer Plus with Stability Ball & pump

6 pack – 8.5 lb/3.85 kg

ST-11047

Halo Trainer Plus 4

12.5 lb/5.67 kg

ST-02219

Halo Trainer Plus 4 with Stability Ball & pump

12.5 lb/5.67 kg

ST-02223

Halo Trainer Plus 4 with Stability Ball & pump

6 pack – 12.5 lb/5.67 kg

ST-11066

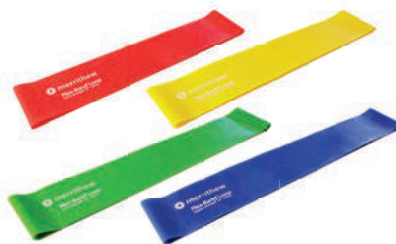
*HALO® is a registered trademark of HALO Rehab and Fitness, LLC. U.S Patent Nos. 8,357,077; 8,267,845 and D635,204. Other US and International Patents Pending.

Small Props



Resistance Loop™

XL, Light Strength, Blue, 45"	ST-06295
XL, Regular Strength, Green, 45"	ST-06292
Light Strength, Yellow, 41"	ST-06284
Regular Strength, Red, 41"	ST-06193



Flex-Band® Loop

Regular Strength, Yellow, 10"	ST-02234
Regular Strength, Blue, 12"	ST-02235
Extra Strength, Red, 10"	ST-02232
Extra Strength, Green, 12"	ST-02233



Strength Tubing™ for Core

Regular Strength, Red	ST-06119
Extra Strength, Blue	ST-06120



Non-Latex Flex-Band®

Light Strength, Orange	ST-06058
Regular Strength, Lemon	ST-06059
Extra Strength, Lime	ST-06060
Roll 24 m, Regular Strength, Lemon	ST-06287
Roll 24 m, Extra Strength, Lime	ST-06288



Flex-Band®

Regular Strength, Green	ST-06021
Extra Strength, Blue	ST-06022
2-pack (1 of each)	ST-02033
Roll 24 m, Regular Strength, Green	ST-06170
Roll 24 m, Extra Strength, Blue	ST-06171



Strength Tubing™ – Ankle Tubing

Light Strength, Orange	ST-06124
Regular Strength, Lemon	ST-06125
Extra Strength, Lime	ST-06126



Flex-Band® Handles

ST-06043



Toning Balls™

Purple, 1 lb ST-06037
 Blue, 2 lbs ST-06035
 Pink, 2 lbs ST-06047
 Green, 3 lbs ST-06036



Toning Ball™ Two-Pack

Orange, 1 lb ST-06052
 Lemon, 2 lbs ST-06053



Medicine Ball

Purple, 4 lbs ST-06094
 Blue, 6 lbs ST-06095



Twist Ball™ with pump

ST-06234



Soft Kettlebells Plus

Pair, 5 lbs ea. ST-06220



Soft Dumbbells

Pair, Orange, 1.1 lbs ea. ST-06107
 Pair, Lemon, 1.65 lbs ea. ST-06108
 Pair, Lime, 2.2 lbs ea. ST-06109



Mini Handweights, pair

Pink, 1.1 lbs ea. ST-06103
 Green, 2.2 lbs ea. ST-06105
 Blue, 2.75 lbs ea. ST-06106

Small Props continued



Fitness Circle® Pro

Black, 12" dia. ST-06023
Purple, 12" dia. ST-02100

Blue, 14" dia. ST-02099
Black, 14" dia. ST-06000



Fitness Circle® Flex

Blue ST-06189
Orange ST-06190



Fitness Circle® Lite

Black, 14" dia. ST-06031



Fitness Circle® Toning Rings

Red, 2-pack ST-06227



Foam Roller™ Deluxe

A Purple, 36"	ST-06041
B Purple, Half, 36"	ST-06070
C Black, 36"	ST-06091
E Black, 24"	ST-06092
F Black, 18"	ST-06093

Foam Roller™ Soft Density

D Blue, 36"	ST-06169
G Blue, 18"	ST-06203
H Blue, Half, 36"	ST-06252



Twistable Massage Roller

Pair ST-06264



Flex-Massage Stick

ST-06183



Massage Point Foam Roller™

Black, 15" ST-06161



Massage Point Two-in-One Foam Roller™

Black, 24" ST-06162



Total Body Roller

ST-06260



Balance & Therapy Domes

ST-06192



Peanut Massage Ball

with pump, Large ST-06263
Red, 2-pack, Small ST-06195



Massage Ball

Pair, 7 cm, Red ST-06099
Single, 10 cm, Red ST-06098
Combo 2-pack, Red ST-06233

Small Props continued



Stability Ball™ with pump

Black, 55 cm	ST-06206
Silver, 65 cm	ST-06207
Gray, 75 cm	ST-06208



Air Balance Ball

Includes needle-point pump
ST-06117



Mini Stability Ball™

Red, XSmall	ST-06215
Blue, Small	ST-06045
Green, Medium	ST-06115
Orange, Large	ST-06116



Mini Stability Ball,™ Foam

7.5" ST-06188



Yoga Block

ST-06259



Yoga Strap

ST-06132



Mat Strap Plus

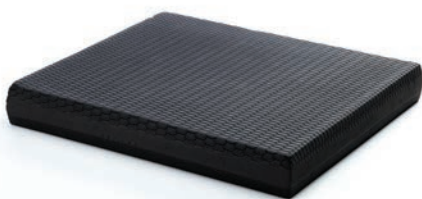
ST-06214



Balance Pad, Half Size

Charcoal, Pair

ST-06244



Balance Pad, Large

Charcoal, Single

ST-06243



Conditioning Towel

Wine, 44"x12"

ST-06137



Stability Cushion™

Green, 14"

ST-06071

Charcoal, 14"

ST-06235

Blue, 20"

ST-06110



Flex & Therapy Bar

ST-06270



Sliding Mobility Disks™

Set of 2

ST-06297



Mats & Racks



Eco-Lux™ Imprint Mat

12 mm ST-06299
17 mm, PRO ST-02228



Eco-Friendly Mat

6 mm, Black ST-02193
6 mm, Eggplant ST-02194



Eco Yoga Mat

3 mm, Maroon / Charcoal ST-02199



Pilates Express™ Mat

10 mm, Sapphire ST-02141
10 mm, Teal ST-02179

10 mm, Stone ST-02128
10 mm, Deep Violet ST-02129



Folding Travel Mat (PER)

1.4 mm ST-06283



Deluxe Pilates Mat

15 mm, Graphite ST-02173
15 mm, Midnight Blue ST-02176



Deluxe Pilates Mat with Grommets

15 mm ST-02188



Mat Hanger Rack

Holds 8-10
ST-06268

Pilates & Yoga Mat

6 mm, Blue, Mandala ST-02185
6 mm, Gray, Elephant ST-06261



Stability Ball™ Rack

Holds 9-12 balls
ST-06255



Medicine Ball Rack

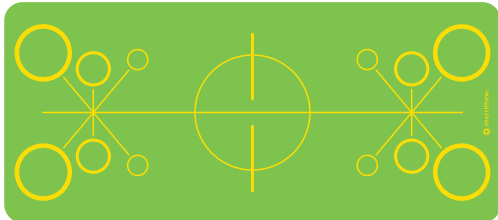
Holds 10 balls
ST-06256

Kids



Stability Ball™ for Kids with pump

ST-06224



Alignment Mat for Kids

ST-02214



Play & Exercise Kit for Kids™

GP-85137



Balance & Therapy Wedge for Kids

ST-06226



Yoga Block for Kids

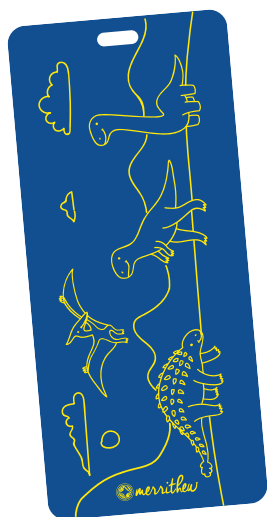
Orange
Green

ST-06225
ST-06211



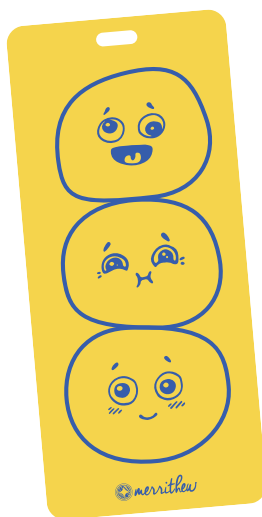
Eco Mat for Kids
Big Kitty

ST-06302



Eco Mat for Kids
Dinoland

ST-06303



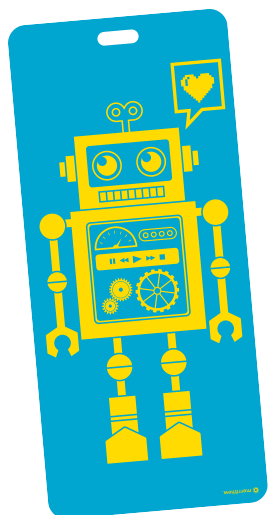
Eco Mat for Kids
Hot Potatoes

ST-06304



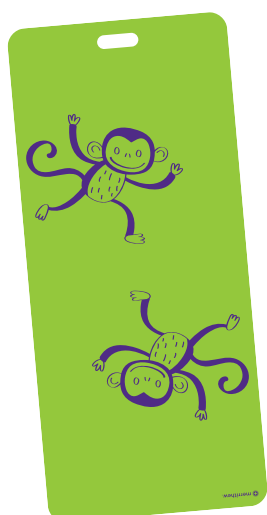
Eco Mat for Kids
Unicorn of the Sea

ST-06305



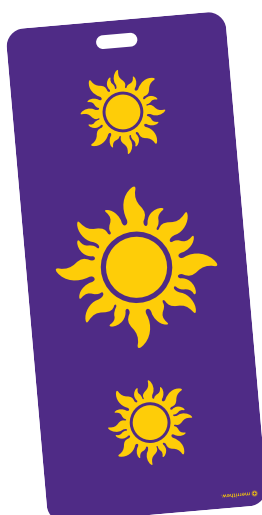
Eco Mat for Kids
Pixel the Robot

ST-02200



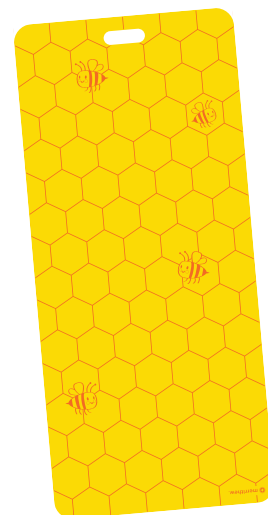
Eco Mat for Kids
Funky Monkeys

ST-02201



Eco Mat for Kids
Triple Sundog

ST-02204



Eco Mat for Kids
Bee Happy

ST-02205



Mat Bag for Kids

Blue ST-06202

Orange ST-06199

Red ST-06200



Flying Foam Disks for Kids
2-pack

Purple & Lime

ST-06219

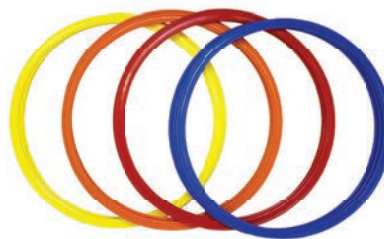
Blue & Yellow

ST-06191

Agility



Agility Disks
Set of 24 with base
ST-06230



Agility Hoops in Carry Bag
Set of 12
ST-06232



Collapsible Training Cones
Set of 6
ST-06231



Agility Ladder
ST-06229

Office Wellness

Focus on wellness, even while at work. Challenge core stability, increase circulation and encourage correct alignment while you sit.



Sitting Cushion

ST-06242



Stability Ball™ Base

ST-06223



Stability Ball™ with Base Bundle

Ball 75 cm

DC-85217



Balance & Therapy Wedge

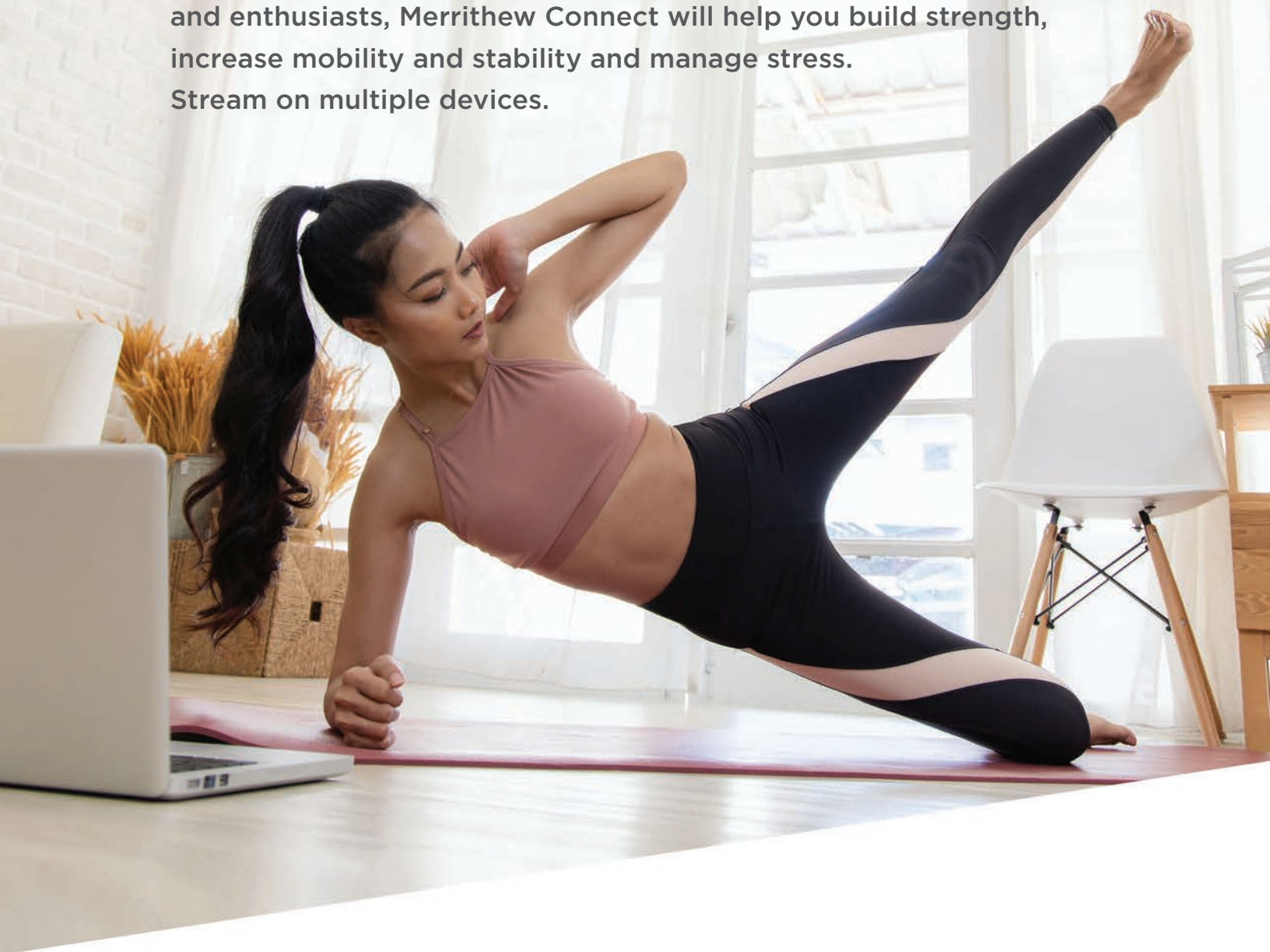
ST-06213



INSPIRING DIGITAL WORKOUTS

Introducing **Merrithew Connect™**.

Created by Merrithew™ Instructor Trainers for fitness professionals and enthusiasts, Merrithew Connect will help you build strength, increase mobility and stability and manage stress. Stream on multiple devices.



merrithew connect™



Look out for
new titles
coming in 2022

Fitness DVDs

Our extensive library of workouts covers a broad range of topics from beginner to expert. Our new DVD content incorporates the latest in exercise science. Look out for new content in DVD and digital format!



Education Materials

Merrithew™ is the largest mind-body exercise training organization in the world. Our renowned manuals are step-by-step, illustrated guides to the STOTT PILATES® and Total Barre® methods practiced around the world. Select manuals are available in a number of languages.



Learn more at merrithew.com/instructor-training



Evolving in the age of mindfulness

As the popularity of mind-body movement expands around the world, we're thrilled to be recognized as leaders in this space. People understand the importance of movement and exercise, but moving well, moving mindfully, adds a whole new dimension to fitness, wellness and health.

We collaborate with tens of thousands of fitness, health care and movement professionals every year to offer high-quality education and best-in-class equipment to help people of all ages, levels and abilities experience the benefits of mindful movement.

Through our premium equipment and education programs, we provide services and solutions to a range of markets, including fitness studios, clubs, rehabilitation hospitals and clinics, universities and colleges, hotels, resorts and retirement communities, and professional sports teams and their athletes.

Quality is our signature, innovation our focus, and mindfulness our guiding star. You'll see this reflected in the workmanship and durability of our professional and personal equipment lines, in the versatility of our range of accessories, and in our expansive and substantive education offerings based on the latest in exercise science.

After over 30 years in business, we're proud to say that more than 60,000 professionals in 135 countries and counting have been trained in our education programs, STOTT PILATES®, ZEN•GA®, Total Barre®, CORE™ Athletic Conditioning & Performance Training™, Halo® Training and Merrithew™ Fascial Movement, bringing safe, effective and intentional exercise to clients around the world.

Thank you for sharing in our commitment and passion for mindful movement. It's needed now more than ever and we are deeply grateful and inspired by our community's dedication to connecting with awareness and focus in the act of motion.

Yours in good health,



Lindsay G. Merrithew
PRESIDENT & CEO



Moira Merrithew
EXECUTIVE DIRECTOR, EDUCATION



A Foundation for Success

At Merrithew™, we believe that education is the foundation for success in mindful movement. Our education programs offer certification and professional development courses and workshops for fitness, health care and movement professionals. Whether you want to build a career in mind-body fitness, or sharpen your existing skillset and diversify your client base with new knowledge, Merrithew Education offers programs that cater to clients of all ages and fitness levels.



STOTT PILATES®

A safe and effective movement system that creates a framework for exercise that combines modern principles of exercise science and rehabilitation.



zen^{ga}

A unique fusion of Pilates, yoga and mindfulness that integrates the fascial system to restore the body's strength, balance and flow.



total^{barre}

A dynamic music-driven program that provides a template for creating innovative classes for every type of client.



HALO[®]
TRAINING

A versatile and adaptable core-integrated bodyweight training program that develops functional strength, power and control.



Merrithew[™]
Fascial Movement

A program that teaches how movement variables that influence fascia can be applied to increase function and overall health.



CORE[™]

A high-intensity, results-driven program that focuses on athletic performance and coaching that connects biomechanics and mindfulness.

Learn more at merrithew.com/instructor-training



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