



Pilates on Fifth, 501 Fifth Ave 22nd floor,
New York, NY 10017
212-687-3787

training@pilatesonfifth.com

PILATES ACADEMY INTERNATIONAL **WORKSHOPS**

Stretch-eze -- The Ultimate Full-Body Fitness Band

with Kimberly Dye

WORKSHOP DATE: Fri 8th April: 3-7 pm

Stretch-eze was designed as a teaching aid for use in Pilates Mat and stretching classes fitness. This versatile, teaching tool is made of stretchy, 15-inch wide, soft, spandex fabric sewn in different length loops for different heights. The washable, durable fabric is also odorless, unlike latex or chemically treated tubing. The width and texture of the fabric feels good on your body providing important sensory feedback as well as resistance for eccentric muscle action. For more information, please see:

Anatomy of Flexibility - Integrative Stretching™ Workshop

With Ellen Shadle

WORKSHOP DATE: Fri 20th May: 3-7pm

Integrative Stretching™

In this workshop you will learn about the anatomy of flexibility, the different techniques for flexibility training, and a repertoire of exercises for every level from the accessible to the elite. Ellen will lead you through a variety of options for every muscle group, assisted, unassisted, that will be demonstrated and explained, including the ideal student or client likely to benefit from them. For example, an exercise that targets hamstring flexibility for one person may not be an exercise that is relevant or useful for another person's development of hamstring flexibility. Most importantly, you will learn what stretching is in order to better know how to stretch.

About Ellen

Ellen S. Shadle is a movement professional with over 15 years experience in dance and fitness. She has been certified in the *Stott* and *Pilates Academy International* systems of Pilates. As a Pilates instructor, her current and past faculty positions include Dance Space (now Dance New Amsterdam), Clay, Hæth, Pilates on Fifth, Equinox Fitness Clubs, Reebok/Sports Club NY, The Sports Club/LA, The Paris Health Club, and Kinected Pilates Center. Ellen directed *ellen stokes shadle/DanceWorks*, a contemporary dance company based in New York City from 1999-2009, and has served as artist-in-residence and guest choreographer at Greenwich Academy since 2004.

Tower Workshop

WORKSHOP DATE: Fri 24th June: 3-7pm

Stay tuned for more information!

Spice up your Pilates with CORPS PHYSIQUE - Mat Pilates Extras

WORKSHOP DATE: Fri 29th July: 3-7pm

Are your mat classes in need of a little pizzazz? Come to the CORPS PHYSIQUE: Pilates Mat Extras workshop to learn over 25 new exercises to add variety, challenge and spice to your current mat class. Exercises range from Tier 1 to Tier 5 and introduce new ways to work different muscle groups, challenge core stability, and explore movements in different planes of motion. Boost your client retention by being the first to offer these exciting new exercises in your club or studio.

This will be a 4 hour workshop: 3 hours of teaching, and then one kick ass class putting everything together in a wonderfully programmed repertoire.

Students will receive a chart of new exercises as well as a mini-manual which includes break down of the exercises.

CORPS PHYSIQUE Reformer Extras plus Jumpboard!

WORKSHOP DATE: Sat 13th Aug: 10-2pm

Stay tuned for more information!

Pilates with the Small Ball

WORKSHOP DATE: 9th Sept: 3 -7pm

We LOVE this ball and its versatility! Have a ball with this innocent looking, yet deceptively challenging prop that will have you working with more intensity and vigor! The ball helps activate the inner thighs, provides a challenge for lower abdominal work and brings awareness to shoulder girdle stabilization. Best of all, it inflates and deflates in seconds AND takes up no space, making it an ideal at-home prop or even travel companion. Learn over 45 exercises and variations in this workshop. Each attendee will receive one small ball, with the option to buy additional balls at a discount. Enjoy new ways to challenge yourself and your clients with this total body workout!

Pink Ribbon Pilates Workshop - Exercises and Protocol for Breast Cancer Survivors

WORKSHOP DATE 28th Oct - 3-7pm

Help your client re-embrace life! To all instructors who train courageous women who have survived breast cancer, our Pink Ribbon Pilates program is designed just for you. Katherine and Kimberly spent many hours volunteering at Mount Sinai's Breast Health Resource Center and thus understand women in all stages of recovery.

Pink Ribbon Pilates will help your clients do the following:

Regain strength and mobility in the affected arm: Whether their goal is to play tennis again or simply wash their hair without tightness or pain, we will provide you with a systematic progression of exercises to enable you to increase their strength and flexibility of the affected arm.

Improve core strength after reconstruction involving abdominal surgeries: If a client has had a Tram Flap, we will inform you of the procedure and how you can work with your client's current strengths and weaknesses to develop a safe and effective core strength building program. Whether they were just cleared for safe exercise by their doctor or are many years post-op and still not feeling confident in their strength.

Circulate lymph and remove toxins! Help prevent the onset of lymphedema!: Our CARDIOLATES® program integrates the alignment principles of Pilates with the physiological and cardiovascular benefits of rebounding. Rebound exercise - which uses a rebounder, much like a mini- trampoline, but more durable - is well known for its ability to increase lymphatic circulation. Many of our breast cancer survivors have found us because their doctors have recommended rebounding in order to prevent the onset of lymphedema. As the lymphatic system is the great detoxifier of the body, rebounding is a safe and effective way to increase circulation of both the blood and the lymph and detoxify, even if your client is not at risk for lymphedema. Because the mat of the rebounder absorbs 87% of the shock to the body, their joints will thank you for engaging in CARDIOLATES®.

Have a Ball! The Stability Ball, Small Ball & Weighted Ball Workshop

WORKSHOP DATE: 18th Nov - 3-7pm

Are your clients still going to a gym when you would like to keep them coming to you? Learn how to add balance training, superior core training, heightened resistance training, reactive training and power training to your Pilates mat workouts with this all encompassing workshop! Traditional Pilates Mat exercises focus mainly on core training, and yet all populations, from athletes to the elderly can benefit from the incorporation of the many types of training in their exercise regime. With these three props, students will learn over 60 exercises to strengthen & challenge their clients, regardless of fitness level or age. The bevy of balls provides a unique way to present a myriad of training styles, all in the comfort of a Pilates studio. Exercises will be broken down into both level and training category for maximum programming effectiveness.

All Workshops are held at Pilates Academy International HQ :

Pilates on Fifth, 501 Fifth Ave 22nd floor, New York, NY 10017

***Each workshop hour counts as 1 certification point**