



Equipment & Accessories Catalog

2023

*המחירים לפני מע"מ





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

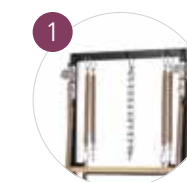
Our entire line of professional Reformers features superior adaptability, versatility and craftsmanship. Ongoing development by our in-house team of fitness professionals and engineers allows us to refine and continually improve our machines so they keep pace with the advancements in exercise science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



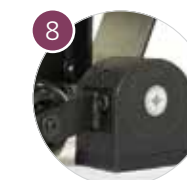
Strap Hooks

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

SPX® Max Reformer with Vertical Stand Bundle ST-11032

SPX® Max Reformer with Vertical Stand and Tall Box Bundle

SPX® Max Plus™ Reformer Bundle ST-01081

SPX® Max Plus™ Reformer Bundle with Tall Box

SPX ₪ 14,990
SPX + Tower ₪ 24,990
SPX + Vertical stand ₪ 15,990

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

V2 ₪ 19,990
V2 + Tower ₪ 31,990

Upgrades



High-Precision Gearbar System™

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

ST-05109 ₪ 999

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
ST-02096

REHAB ₪ 21,990
REHAB + Tower ₪ 32,990



Colors

Choose from ten standard colors or 75 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 ₪ 2,599

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

₪ 11,190



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

ONYX ₪ 15,990
ONYX + TOWER ₪ 26,990
ONYX + Vertical Stand ₪ 16,990
ONYX + Vertical Stand + High Precision Gearbar ₪ 18,490

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
Without the High-Precision Gearbar ST-01083 ₪ 31,990

ONYX V2 ₪ 21,490
ONYX V2 + TOWER ₪ 32,990

*המחירים עבור רפורמרים הכוללים בנדל: קופסא, מקל ואקסטנשיין. ברפורמרים עם טאוור: תוספת לנ"ל מזרן משלים.

Reformer Accessories



Cardio-Tramp® Rebounder*

V2 Max™/Rehab V2 Max, 24" ST-02067 **1,799**
SPX®/SPX Max, 22" ST-02068 **1,799**



Jumpboard

V2 Max/Rehab V2 Max, 24" ST-02017 **1,799**
SPX/SPX Max, 22" ST-01043 **1,799**



Rotational Diskboard™

V2 Max/Rehab V2 Max, 24" ST-02051 **2,140**
SPX/SPX Max, 22" ST-02054 **2,140**



Soft Footbar

V2 Max/Rehab V2 Max, 24" ST-02004 **1,339**
SPX/SPX Max, 22" ST-01040 **1,180**



Rotational Disks

Sturdy and versatile to help improve strength through rotation.
10" pair ST-06024 **920**
12" pair ST-06002 **960**
19" single ST-06039 **800**

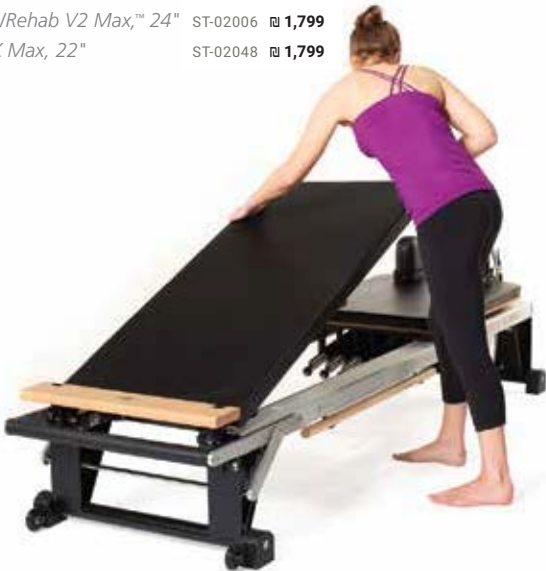


Reformer Box with Footstrap

Regular ST-02000 **1,399**
Extra Tall ST-02001 **1,580**
Extra Long ST-02002 **1,580**

Mat Converter

V2 Max™/Rehab V2 Max, 24" ST-02006 **1,799**
SPX®/SPX Max, 22" ST-02048 **1,799**



Padded Platform Extender

V2 Max/Rehab V2 Max, 24" ST-02015 **1,099**
SPX/SPX Max, 22" ST-02069 **1,099**



Vinyasa Triangle™

V2 Max/Rehab V2 Max, 24" ST-02111 **1,580**
SPX/SPX Max, 22" ST-02112 **1,580**



Weighted Bar

2 lbs/0.9 kg ST-02115 **159**



Maple Roll-Up Pole

0.6 lbs/272 g ST-06008 **132**



The Cross-Bow™

Fits both 24" and 22" Jumpboard ST-02102 **999**
Jumpboard & The Cross-Bow Combo –
24 inch (V2 Max/Rehab V2 Max) ST-02103 **999**
Jumpboard & The Cross-Bow Combo –
22 inch (SPX/SPX Max) ST-02104 **999**



Gripper Mat

Black ST-02224 **20**



Eco-Friendly Pilates Pad

Blue ST-02101 **156**



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 **\$7,399**

Commercial Equipment

Multiple options for every studio or facility



Ladder Barrel

ST-01010 **\$7,910**



Spine Corrector

ST-01011 **\$2,760**



Spine Supporter

ST-01016 **\$1,499**



Cadillac/Trapeze Table

ST-01003 **\$19,199**



Stability Barrel™ Lite

ST-02230 **\$1,120**



Mini Stability Barrel™ Lite with Mat

Mini Stability Barrel Lite Bundle (mini & mat)

Mini Stability Barrel Lite

Mat – Mini Stability Barrel Lite

DC-85221 **\$396**

ST-02231 **\$360**

ST-02236 **\$99**



Arc Barrel

Arc Barrel

Arc Barrel Deluxe (wood sides)

ST-01012 **\$1,260**

ST-01013 **\$1,420**



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 \$ 2,599



Parallel Stability Barre – 8 ft white
👤👤👤👤👤 ST-02207 \$ 7,299



Stability Barre – 12 ft gray
👤👤👤👤👤 ST-02169 \$ 4,799

Wall-Mounted Stability Barre – 8 ft white
👤👤👤 ST-02211 \$ 1,840



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.

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.

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 ₪ 620

Halo Trainer Plus 4
12.5 lb/5.67 kg

ST-02219 ₪ 780

**Halo Trainer Plus with
Stability Ball & pump**
8.5 lb/3.85 kg

ST-02209 ₪ 780

**Halo Trainer Plus 4 with
Stability Ball & pump**
12.5 lb/5.67 kg

ST-02223 ₪ 940

**Halo Trainer Plus with
Stability Ball & pump**
6 pack – 8.5 lb/3.85 kg

ST-11047 ₪ 3,899

**Halo Trainer Plus 4 with
Stability Ball & pump**
6 pack – 12.5 lb/5.67 kg

ST-11066 ₪ 4,399

*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 ₪ 65
- XL, Regular Strength, Green, 45" ST-06292 ₪ 65
- Light Strength, Yellow, 41" ST-06284 ₪ 60
- Regular Strength, Red, 41" ST-06193 ₪ 60



Non-Latex Flex-Band®

- Light Strength, Orange ST-06058 ₪ 48
- Regular Strength, Lemon ST-06059 ₪ 52
- Extra Strength, Lime ST-06060 ₪ 56
- Roll 24 m, Regular Strength, Lemon ST-06287 ₪ 399
- Roll 24 m, Extra Strength, Lime ST-06288



Strength Tubing™ for Core

- Regular Strength, Red ST-06119 ₪ 80
- Extra Strength, Blue ST-06120 ₪ 84



Strength Tubing™ – Ankle Tubing

- Light Strength, Orange ST-06124 ₪ 60
- Regular Strength, Lemon ST-06125 ₪ 65
- Extra Strength, Lime ST-06126 ₪ 70



Flex-Band® Handles

ST-06043 ₪ 68



Toning Balls™

- Purple, 1 lb ST-06037 ₪ 60
- Blue, 2 lbs ST-06035 ₪ 64
- Pink, 2 lbs ST-06047 ₪ 65
- Green, 3 lbs ST-06036 ₪ 68



Toning Ball™ Two-Pack

- Orange, 1 lb ST-06052 ₪ 110
- Lemon, 2 lbs ST-06053 ₪ 120



Medicine Ball

- Purple, 4 lbs ST-06094 ₪ 120
- Blue, 6 lbs ST-06095 ₪ 120



Twist Ball™ with pump

ST-06234 ₪ 239



Soft Kettlebells Plus

ST-06220 ₪ 239



Soft Dumbbells

- Pair, Orange, 1.1 lbs ea. ST-06107 ₪ 84
- Pair, Lemon, 1.65 lbs ea. ST-06108 ₪ 95
- Pair, Lime, 2.2 lbs ea. ST-06109 ₪ 108

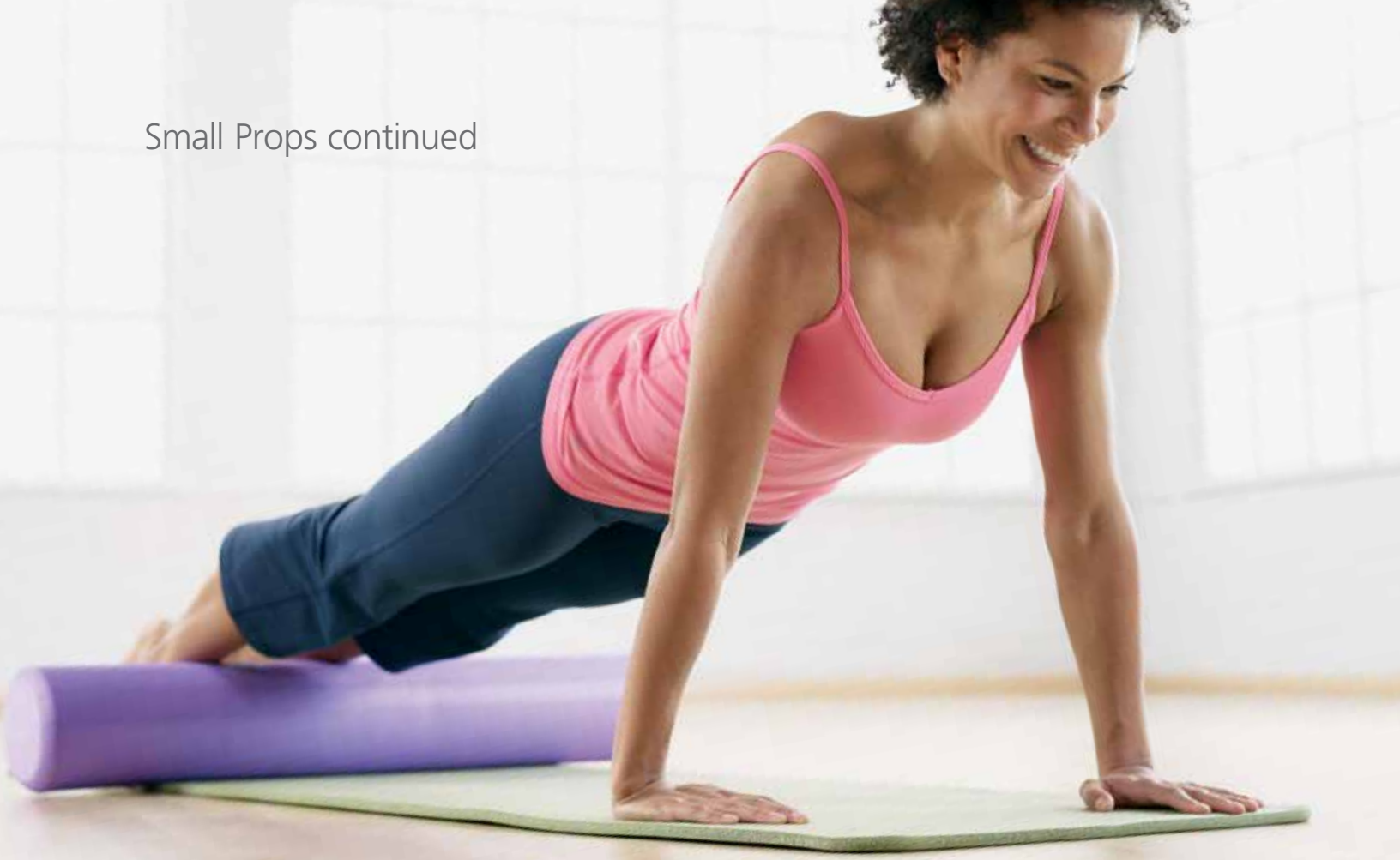


Mini Handweights, pair

- Pink, 1.1 lbs ea. ST-06103 ₪ 108
- Green, 2.2 lbs ea. ST-06105 ₪ 108
- Blue, 2.75 lbs ea. ST-06106 ₪ 120



Small Props continued

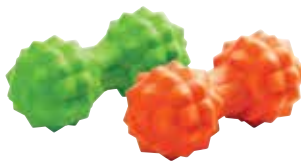


Foam Roller™ Deluxe

- A Purple, 36" ST-06041 ₪ 230
- B Purple, Half, 36" ST-06070 ₪ 168
- C Black, 36" ST-06091 ₪ 230
- E Black, 24" ST-06092 ₪ 175
- F Black, 18" ST-06093 ₪ 150

Foam Roller™ Soft Density

- D Blue, 36" ST-06169 ₪ 304
- G Blue, 18" ST-06203 ₪ 180
- H Blue, Half, 36" ST-06252 ₪ 199



Twistable Massage Roller

Pair ST-06264 ₪ 120



Flex-Massage Stick

ST-06183 ₪ 99



Massage Point Foam Roller™

Black, 15" ST-06161 ₪ 212



Massage Point Two-in-One Foam Roller™

Black, 24" ST-06162 ₪ 320



Total Body Roller

ST-06260 ₪ 199



Balance & Therapy Domes

ST-06192 ₪ 80



Peanut Massage Ball

with pump, Large ST-06263 ₪ 72
Red, 2-pack, Small ST-06195 ₪ 79



Massage Ball

Pair, 7 cm, Red ST-06099 ₪ 55
Single, 10 cm, Red ST-06098 ₪ 39
Combo 2-pack, Red ST-06233 ₪ 55



Fitness Circle® Pro

Black, 12" dia. ST-06023 ₪ 300
Purple, 12" dia. ST-02100 ₪ 299



Fitness Circle® Flex

Blue ST-06189 ₪ 79
Orange ST-06190 ₪ 79



Fitness Circle® Lite

Black, 14" dia. ST-06031 ₪ 148

Small Props continued



Yoga Block

ST-06259 ₪ 72



Yoga Strap

ST-06132 ₪ 48



Mat Strap Plus

ST-06214 ₪ 59



Balance Pad, Half Size

Charcoal, Pair ST-06244 ₪ 279



Balance Pad, Large

Charcoal, Single ST-06243 ₪ 280



Conditioning Towel

Wine, 44"x12" ST-06137 ₪ 79



Stability Ball™ with pump

Black, 55 cm ST-06206 ₪ 160
Silver, 65 cm ST-06207 ₪ 165
Gray, 75 cm ST-06208 ₪ 188



Mini Stability Ball™

Red, XSmall ST-06215 ₪ 52
Blue, Small ST-06045 ₪ 52
Green, Medium ST-06115 ₪ 52
Orange, Large ST-06116 ₪ 52



Air Balance Ball

Includes needle-point pump

ST-06117 ₪ 59



Mini Stability Ball,™ Foam

ST-06188 ₪ 99



Stability Cushion™

Green, 14" ST-06071 ₪ 152
Charcoal, 14" ST-06235 ₪ 152
Blue, 20" ST-06110 ₪ 224



Flex & Therapy Bar

ST-06270 ₪ 86



Sliding Mobility Disks™

Set of 2 ST-06297 ₪ 64



Mats & Racks



Folding Travel Mat (PER)

1.4 mm ST-06283 ₪ 160



Deluxe Pilates Mat

15 mm, Graphite ST-02173 ₪ 320
15 mm, Midnight Blue ST-02176 ₪ 320



Deluxe Pilates Mat with Grommets

15 mm ST-02188 ₪ 340

Pilates & Yoga Mat

6 mm, Blue, Mandala ST-02185 ₪ 125
6 mm, Gray, Elephant ST-06261 ₪ 128



Eco-Lux™ Imprint Mat

12 mm ST-06299 ₪ 440
17 mm, PRO ST-02228 ₪ 540



Eco-Friendly Mat

6 mm, Black ST-02193 ₪ 180
6 mm, Eggplant ST-02194 ₪ 180



Eco Yoga Mat

3 mm, Maroon / Charcoal ST-02199 ₪ 280



Pilates Express™ Mat

10 mm, Sapphire ST-02141 ₪ 160
10 mm, Teal ST-02179 ₪ 160

10 mm, Stone ST-02128 ₪ 160
10 mm, Deep Violet ST-02129 ₪ 160



Mat Hanger Rack

Holds 8-10
ST-06268 ₪ 720



Stability Ball™ Rack

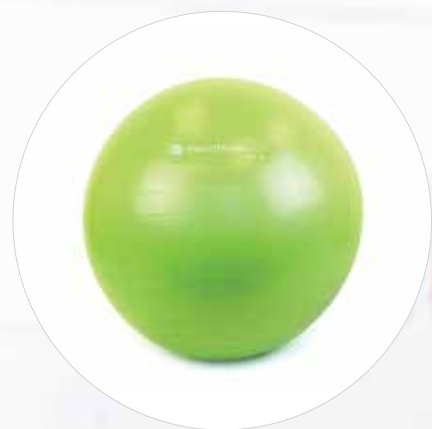
Holds 9-12 balls
ST-06255 ₪ 860



Medicine Ball Rack

Holds 10 balls
ST-06256 ₪ 600

Kids



Stability Ball™ for Kids with pump

ST-06224



Alignment Mat for Kids

ST-06299 ₪ 395



Play & Exercise Kit for Kids™

GP-85137



Balance & Therapy Wedge for Kids

ST-06226



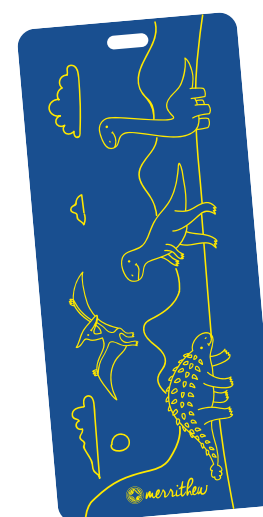
Yoga Block for Kids

Orange ST-06225
Green ST-06211



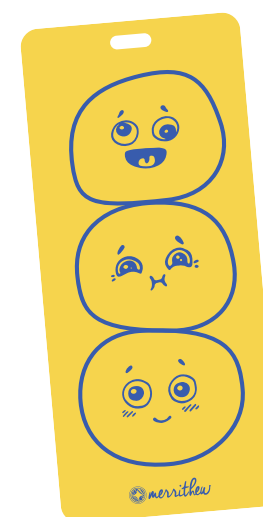
Eco Mat for Kids Big Kitty

ST-06299 ₪ 395



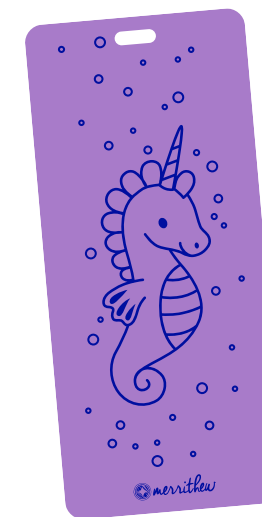
Eco Mat for Kids Dinoland

ST-06299 ₪ 395



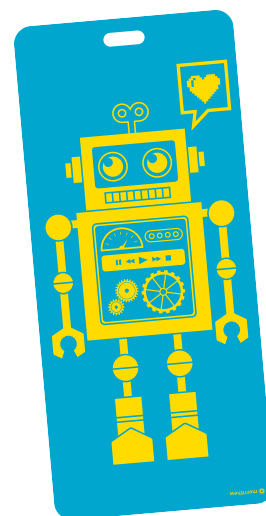
Eco Mat for Kids Hot Potatoes

ST-06299 ₪ 395



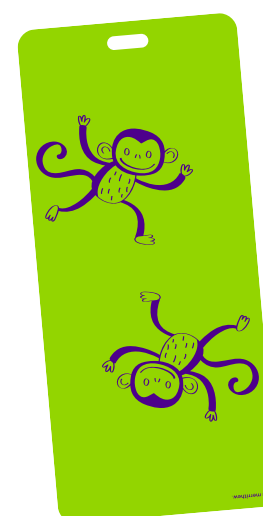
Eco Mat for Kids Unicorn of the Sea

ST-06305



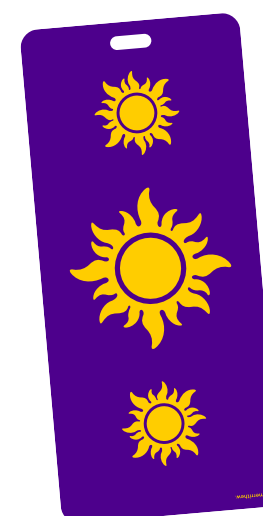
Eco Mat for Kids Pixel the Robot

ST-02200



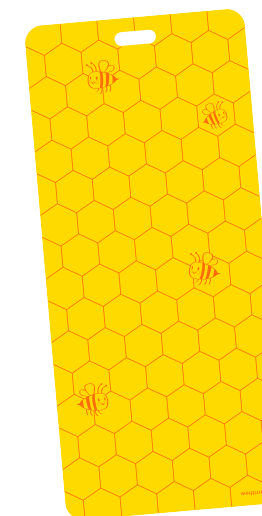
Eco Mat for Kids Funky Monkeys

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 ₪ 99



Agility Hoops in Carry Bag
Set of 12
ST-06232 ₪ 159



Collapsible Training Cones
Set of 6
ST-06231 ₪ 79



Agility Ladder
ST-06229 ₪ 139

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 ₪ 120



Stability Ball™ Base
ST-06223 ₪ 108



Stability Ball™ with Base Bundle
Ball 75 cm DC-85217 ₪ 399



Balance & Therapy Wedge
ST-06213 ₪ 160



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.



Look out for
new titles
coming in 2021

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!

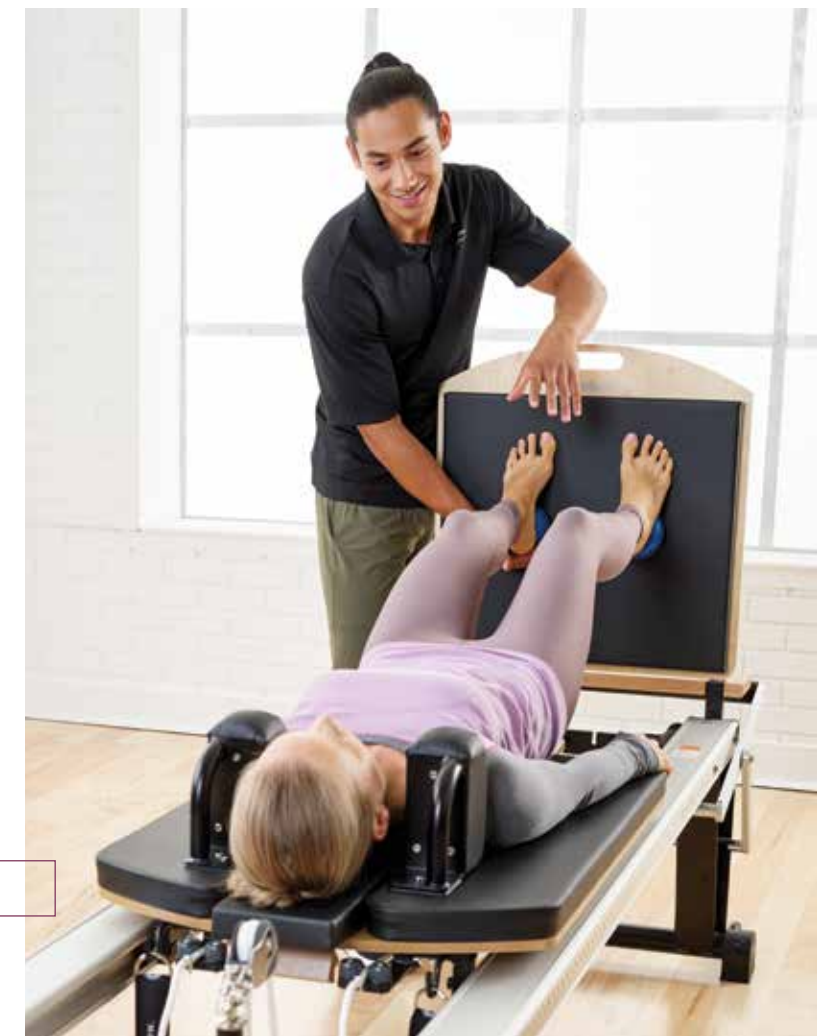


Education Materials

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.



totalbarre.

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.

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