

Matwork

COURSE



History & Evolution

The Evolution

The Co-founders

Merrithew® was founded in 1988 by Lindsay and Moira Merrithew.

Lindsay G. Merrithew, President & CEO, is the driving force behind the growth of the company and its premium brands STOTT PILATES®, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre® and Halo® Training.

He has been instrumental in designing, producing and marketing the company's extensive equipment and video lines. To date, he has developed dozens of commercial products and has executive-produced over 145 fitness DVDs for the professional and consumer markets.

Moira Merrithew, Executive Director, Education, together with Lindsay Merrithew, promotes the benefits of responsible exercise through STOTT PILATES, ZEN•GA, CORE Athletic Conditioning & Performance Training and Halo Training. Working closely with a team of physical therapists, sports medicine and fitness professionals, they ensure all programming is aligned with current scientific and biomechanical research.

What is Merrithew, Leaders in Mindful Movement™?

Merrithew is the global leader in mind-body fitness, and we are committed motivating people of all ages and life stages to lead healthier lives through high-quality fitness brands and to achieve optimal fitness and wellness through premium programming and equipment.

The Merrithew vision and mission are based on the value we place on education, connection, respect, passion, integrity, leadership, accountability and quality.

The Mindful Movement Vision

Merrithew believes in the overarching ideology of an intelligent and mindful approach to all forms of fitness. The sound foundational principles of STOTT PILATES, Merrithew's premier Pilates brand, serve as the groundwork from which CORE Athletic Conditioning & Performance Training, ZEN•GA, Total Barre and Halo Training have emerged.

The Merrithew Community

With over 50,000 trained, Merrithew's dedicated community of passionate Instructors, Licensed Training Centers, host centers and equipment partners spans the globe, bringing the benefits of mindful movement to clients and professionals around the world.

History

- 1988 – Company founded.
- 1991 – Danforth Avenue studio opens in Toronto, Canada.
- 1994 – Education division established to train and certify Instructors.
- 1996 – First manufacturing facility opens in Toronto, Canada.
- 2000 – Merrithew is recognized as one of Canada's Fastest-Growing Companies by PROFIT Magazine. Merrithew will go on to earn this recognition for four consecutive years, from 2000 to 2004.
- 2012 – Co-founders Lindsay and Moira Merrithew named Inner IDEA Inspiration Award winners. ZEN•GA and CORE Athletic Conditioning & Performance Training are introduced.
- 2013 – Total Barre is introduced.
- 2014 – Name changed from Merrithew Health & Fitness to Merrithew®—Leaders in Mindful Movement™.
- 2017 – Over 50,000 trained worldwide.