

CENTERWORKS® AWESOME WORKSHOPS

SPRING TRAINING SERIES: REFINE, REFRESH, REFOCUS

A Functional Approach to Fitness for Better Whole-Body Health



PRESENTED BY • Aliesa George • PMA-CPT • ACE-Certified
Personal Trainer • Level 4 Rossiter® Coach • BFA-Modern Dance •
40 + years teaching, training, & coaching • Mind-Body Mentor

*Specializing in Pilates, Foot-Fitness, and Functional Movement.
Discover Simple Strategies to Develop Healthy Movement Habits.
Connect Mind & Body to Stay Strong, Fit, Flexible, and Injury-Free.*

Where

BODHI  BODY

A Centerworks® Pilates Studio

520 S. Holland, Suite #203, Wichita, KS 67209

Questions? Contact Aliesa at (316) 530-3753
or message us on Facebook at Bodhi Body Pilates

RESERVE YOUR SPOT TODAY! CALL (316) 530-3753

SPRING TRAINING TOPICS

PILATES PREP

*Posture, Breathing, Bolting,
& Core Support*

**Saturday, March 26th
10am-Noon**

FANTASTIC FEET

*Foot Fitness Exercises to
Strengthen Your Ankles,
Arches, & Toes*

**Saturday, April 16th
10am-1:00pm**

STRESS-FREE SHOULDERS

*Simple Arm and Shoulder
Exercises to Help Improve
Mobility and Reduce Stress*

**Saturday, May 7th
10am-1:00pm**

PILATES-WALK™

*Training Tips, Techniques,
and Exercises to Develop
a Healthy Stride*

**Saturday, May 21st
10am-1:00pm**

SHOULDER MECHANICS

*Progressions to Improve
Arm & Shoulder Strength*

**Saturday, June 18th
10am-1:00pm**

RUN-FIT KIT™ TIPS

*Fine-Tune Technique with
the Foot-Fitness Training
Tools in Your Run-Fit Kit.*

**Saturday, June 25th
10am-1:00pm**

SPACE IS LIMITED...

REGISTER NOW!

(See Back for Details)

Pilates Prep

Sat., March 26th, 10am-Noon

Posture, Breathing, Bolting, & Core Support

Pilates-Based Concepts and Exercises to **Improve Functional Fitness** and Help **Develop Healthy Movement Habits**. Learn and Practice these Pilates Prep Exercises at Home to **Build a Solid Foundation for Whole-Body Health**.

Fantastic Feet *

Sat., April 16th, 10am-1pm

Foot Fitness Exercises to Strengthen Your Ankles, Arches, & Toes

If you walk or run, have healthy feet, or are challenged by foot-pain issues like Plantar Fasciitis, Bunions, Hammer Toes, Flat Feet, or High Arches **these easy to learn foot fitness exercises can help YOU!** **(additional supplies required.)*

Please note: You'll need a copy of the Fantastic Feet book and mini foot-fitness kit Combo (\$30+tax). Or a Run-Fit Kit™ (\$159 +tax) to have the training tools you need to participate.

Stress-Free Shoulders

Sat., May 7th, 10am-1pm

Simple Arm & Shoulder Exercises—Improve Mobility/Reduce Stress

Tired of Living with Your Shoulders Up Around Your Ears? Do you occasionally suffer from tension headaches, or neck and shoulder pain? Gain insights and understanding what you can do to **relax and release shoulder tension** and stress. Discover simple arm and shoulder exercises targeted to **improve mobility and reduce stress**.

Pilates-Walk™

Sat., May 21st, 10am-1pm

Training Tips, Techniques, & Exercises to Develop a Healthy Stride

Walking is an excellent activity to keep your whole-body healthy, but only if you're walking WELL, with good form and functional movement habits. Discover how much more you can **maximize the benefits from your walking workouts** by practicing Pilates-Walk training techniques for a healthy stride.

Shoulder Mechanics

Sat., June 18th, 10am-1pm

Progressions to Improve Arm & Shoulder Strength

Building on the concepts and exercises learned in Stress-Free Shoulders. You'll learn **effective shoulder and arm strengthening exercises** that require very little resistance, but work wonders for developing great shoulder mechanics.

Prerequisite: the Stress-Free Shoulders workshop.

Run-Fit Kit™ Training TIPS*

Sat., June 25th, 10am-1pm

Fix Your Feet & Keep them Healthy & Pain-Free! Fine-Tune Your Technique with the Foot-Fitness Training Tools in Your Run-Fit Kit.

This is the must-have bag of foot-fitness training tools that every body needs to be using at home. Whether you walk or run, learning how to **take care of your feet for a lifetime of good health**—and enjoy an active lifestyle! Having to deal with foot cramps, arch pain, sprains & strains, pronation, supination, and related foot problems is no fun... But there is something you can do about it! Discover how to **get the most from the great foot care resources in your Run-Fit Kit™**. **(additional supplies required.) Please note: You'll need a Run-Fit Kit™ (\$159 +tax) to have the training tools you need to participate.*

Any additional supplies required can be pre-ordered and purchased at Registration. We'll have them at the studio and ready for you to pick up when you arrive for your scheduled Awesome Workshop!

CENTERWORKS® AWESOME WORKSHOPS

PILATES PREP [2-HOUR]

WORKSHOP FEE **\$97**



BODHI BODY
STUDIO VIP'S **\$77**

3 HOUR—WORKSHOPS

FANTASTIC FEET*

STRESS-FREE SHOULDERS

PILATES-WALK™

SHOULDER MECHANICS

RUN-FIT KIT™ TRAINING TIPS*

- ONE Workshop **\$135**
- TWO Workshops **\$195**
- ALL 5 Workshops **\$395**

BODHI BODY VIP Pricing

One 3-hour Workshop \$120

(2 or more... (above pricing))

To REGISTER

Contact

Aliesa George

(316) 530-3753

OR Aliesa@Centerworks.com

Space is Limited!

Pre-registration is Required.

Payment of fees will reserve your spot for each class. NO REFUNDS. Cancellations up to 3 days before the scheduled event can apply the full credit to a future workshop, private training with Aliesa, or a Centerworks® product purchase.

HURRY... Register TODAY!