

PILATES FAT LOSS FORMULA WORKSHOP SERIES—Winter 2012

The Pilates Fat Loss workshop series will motivate, educate and re-dedicate you in your personal fat loss goals. We understand the power of an exceptional community as we can often do much more as part of a group than we can alone. This 15 part intensive (a \$375 value), is a critical component of your Pilates Fat Loss Formula Program! Sign up early!

Sat, Jan 21st	Metabolism 101 Tina & Scott	<i>Why we are fat and how not to be</i> 1:00 pm - FREE –EVERYONE WELCOME
Tue, Jan 24th	PFF Jumpstart Program Tina & Scott	<i>Learn what to eat for fast & safe fat loss</i> 7:00 pm -

BASELINE ASSESSMENTS & PICTURES— Sat. January 28th 11:30 am - 1:00 pm

Sat, Jan 28th	Fit & Fun to be With Jill Tupper and Tina Sprinkle	<i>The Four "F's" to Fat Loss Freedom</i> 1:00 - 4:00 pm
Sun, Jan 29th	The PFF Grocery Tour Tina & Scott	<i>Shopping to lose weight fast and affordably</i>
Tues, Jan 31st	The Paleo Kitchen Stephanie Provance, PT	<i>Your real life recipe for successful fat loss</i> 1:00 pm
Thurs, Feb 2nd	Familiar Funk & All That Junk Jill Tupper & Tina Sprinkle	<i>Four "F" to Fat Loss Freedom series</i> 7:00 pm
Sat, Feb 4th	H I T Cardio Tina & Scott	<i>Is your cardio workout making you fatter?</i> 1:00 pm
Sat, Feb 11th	The Cutting Edge Lisa Looy	<i>Killer total body circuit w/ the Pilates Edge</i> 1:00 pm
Thurs, Feb 16th	Fits & Starts & Vanishing Parts Jill Tupper & Tina Sprinkle	<i>Four "F" to Fat Loss Freedom series</i> 7:00 pm

ASSESSMENT UPDATES #1— Saturday, February 18th, 11:30 - 1:00 pm

Sat, Feb 18 th	Let's ZUMBA Casey Hubele	<i>Dance your baggy pants off and laugh!</i> 1:00 pm
Sat Feb 25th	N I A Workout Laura Kahl	<i>Dynamic calorie burning movement</i> 1:00pm
Thurs, Mar 1st	Fed Up— Food as fuel Jill Tupper & Tina Sprinkle	<i>Four "F" to Fat Loss Freedom series</i> 7:00 pm
Sat, Mar 3rd	50/50 Pilates Workout Tina & Lisa	<i>50% standing 50% floor %100 killer</i> 1:00pm

ASSESSMENT UPDATES # 2— Saturday, March 10th 11:30 am - 1:00 pm

Sat, Mar 10th	On-The-Go-Travel-Workout Tina & Lisa	<i>Take your pilates band on the road</i> 1:00pm
Sat, Mar 24th	Cardio Blow Out Party Tina, Scott & Lisa	<i>Prepare to SWEAT your #**%@ OFF!</i> 1:00pm

ASSESSMENT UPDATE & AFTER PICS— Saturday, April 7th 11:30 am - 1:00 pm

Sat, April 7th	Target Training Tina & Lisa	<i>Four "Troublespots" Targeted!</i> 1:00 pm
Wed, April 11th	Essay deadline	
Sat, April 21st	Pilates Fat Loss Formula Party	<i>Awards ceremony and celebration party!</i>

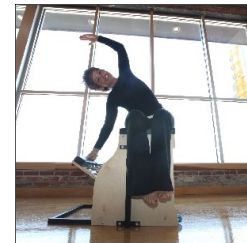
Why participate in the PILATES FAT LOSS FORMULA program?



Hi, this is Tina from Pilates1901. I used to weigh 196 lbs and felt like a blob. Now I weigh 121 lbs and feel like a million! How did I do it? After trying everything under the sun, AND teaching EVERY KIND of fitness, I FINALLY discovered the body changing, life altering effects of Pilates training. I have been teaching exercise for nearly 30 years now and I can truthfully say that my body at 52 is better than ever!

Like so many other women at midlife, I'm not going to use age as an excuse for becoming apathetic about the way I look and feel! I want to look 20 years younger, feel 30 years younger and have the energy of a teenager, and I do!

I credit the **Pilates Fat Formula** that my partner Scott and I created for this longevity. Our program, born of the best athletic, pilates and functional fitness models is your personal solution to lifetime weight loss, exceptional energy and aging gracefully.



Based on techniques we've learned from training hundreds of clients for the past 30 years, this program, unique to Kansas City, combines the best of nutrition and exercise science as well as the power of community to get our clients revolutionary results!

Your success is as easy as 1 – 2 – 3

1. **Making the Commitment** - PFF clients agree workout in the studio a min of *3 days per week.
2. **Being Accountable**- PFF clients agree to be monitored and assessed regularly for maximal results.
3. **Power of the Group**- Your PFF community is a powerful source of support and encouragement.

The Pilates Fat Loss Formula gives you everything you need to reach your fat loss goals.

- * 15 part PFF Workshop series.....\$525 value
- * PFF Manual and Motivational Food Journal.....\$ 69 value
- * PFF EAT TO LOSE Cookbook.....\$ 24 value
- * PFF Real Life Paleo Cookbook.....\$ 24 value
- * PFF 10 Day Paleo Jumpstart Program.....\$ 39 value
- * PFF Online access to all workshops and video tutorials.....\$149 value

This package, a \$830 value is yours for just *~~\$297~~

Sign up before January 7th and save \$50! An \$830 value for only \$247!
PFF Alumni clients sign up for \$147! But hurry! This deal won't last long!

*** The PFF program is only available to clients who are working out 3 days a week at the studio. Ask us about our affordable mat/cardio and equipment memberships.**

"What I found at Pilates 1901 was a holistic approach to exercise and an amazing education in nutrition. Not just food that was assigned point values and you had to stay within a certain number. Eating Paelo has been FUN! How about that, a way of eating that's fun! I cook, have 3 new cookbooks, I don't measure food but listen to when I'm full and stop. I sleep better, feel better.... I've lost 6.25 pounds, 11.5% body fat, that's 20 POUNDS of body fat people, and 21.5 total inches all over my bod in 12 weeks! The actual Pilates workouts have also amazed me. I don't feel like I kill myself in each class but I certainly feel the results later. Each class or instructor is different so it keeps me interested and challenged- And the care, support, and cheering me on to my goals has been the best part!" Ann G



Why should you pursue this?
ONE REASON
Because it WORKS!!!

THIS PROGRAM IS FOR REAL WOMEN!

We're successful because we know how to get you results.

We know what will work and what won't. That's why people are excited to be a part of this program and why they are able to stick with it.

This isn't just another weight loss program:
This is a life changing event! For YOU!

As a Pilates Fat Loss Formula participant we require that you are in the studio working out a minimum of 3 days per week. That's why we offer more than 50 classes per week and vary the workouts to keep your body changing and your mind in the game.

Those may be mat, ball, cardio or pilates equipment based classes depending on your preference and your pocketbook. All memberships are based on an average of 3 workouts per week for 6 months paid over 6 payments. (You will be able to use your 72 classes over 200 days around your travel or event schedules)

No previous experience is required for mat/cardio workouts. If you choose to do Pilates equipment based classes, you will need to do an introduction course first. Our PILATES ON RAMP program will get you ready for group classes in just 8 sessions!

***MEMBERSHIP PRICING**

- **Pilates ON RAMP** Intro to Pilates Equipment training (8 class intro)....\$199 one time
- **Mat/Cardio Class Pass** (3 workouts per week– 72 total classes)...\$129/ month
- **Mat/Equipment Combo Pass** (3 workouts per week– 72 classes) .. \$244 p/month
- **Equipment only Class Pass** (3 workouts per week– 72 total classes)...\$359/ month

****Your class membership fees are in addition to your PFF Enrollment.***

STILL NOT SURE?

THINK IT'S TOO EXPENSIVE?

Ask yourself how much money you've paid for programs or gimmicks that only left you disappointed and defeated?

That's not us! We believe in our program so much, we can offer you a **100% MONEY BACK GUARANTEE!**

That's right, if you do what we tell you to do and you don't lose body fat, inches, look and feel better than you have in years, **we'll refund 100% of your investment!**



"I had been seeking a new work out routine different from running or cycling or the elliptical. I had driven by the "Jeans don't lie" sign many times and decided to follow-up to see how Pilates could help. I was intimidated by the prices, but ...the results of pilates were IMMEDIATE.

Pilates 1901 PFF program is unique and different because they really, really care about each and every client. They recognize that each individual has specific priorities and goals. They work with you to help you focus on you. They make you feel special each time you walk through the door. Your health and well being are important to each team member." Kristy G.

"I have long been a subscriber to eating whole foods, but the combination of pilates and paleo have given me exactly what I've been searching for! This has been a huge success for me and my health, and I couldn't be happier. I would recommend Pilates 1901 and the Pilates Fat Loss Formula to everyone!

This is such a great support group, and the program truly works! I have never seen something so complete and well done, and look forward to my continued success with Pilates 1901! Thank you, thank you, thank you!!! " Sarah G.



"Very late that night I went online to the PFF page of the 1901 website and watched all the video testimonies ... Everything I saw looked so real and authentic--- genuine people working to make their lives healthier and happier... Everyone really was as genuine and fun as the videos online had portrayed. The workshops, mat classes, Facebook community page all of it kept me inspired, moving forward, and having fun along the way. Once I started Paleo I could really see the differences: clearer skin, better sleep, clearer mind, not hungry between meals, eating super yummy paleo food oh and I lost 23 inches, 8% body fat, 25 lbs of fat, 19 lbs on the scale and gained 5 lbs of muscle!" Kimberly R.