

## GROUP ASSESSMENTS

### **Reservations required**

Sat Feb 2nd 1030am - 12pm  
Sat Mar 2nd 1030am - 12pm  
Sat April 6th 1030am - 12pm  
Sat April 27th 1030am -- 12pm

*(private assessments by appointment)*

## WORKSHOPS

Jan 26th 12:00-1:00 pm

\* **Metabolism 101—Why we are Fat**

Sat Feb 16th 10:30am– 11:20 am

\* **H.I.T. Fat Burner Workshop**

Sat Mar 9th 10:30am - 11:20 am ~

\* **'Travelates' Road Warrior Map**

Sat Mar 30th 10:30am - 11:20 am

\* **Spring Training—TargetTroublespots**

*By request, workshops may be purchased  
for 3 session pass/\$60 or \$25 individually*

## COMMUNITY OPPORTUNITY

Monday Feb 4th -

**Paleo Cooking Class and Dinner party-**

Culinary Center of KC- \$49 plus gratuity

Saturday, Mar 30th

**Paleo Pot Luck - 12:00 pm**

(following the Spring Training Workshop)

Friday, April 19th -

**Paleo Dinner party— 6:30pm**

Culinary Center of KC - \$49 plus gratuity

Saturday, May 4th

**PFF Awards Party and Paleo Pot luck**

1200—2:00 pm Pilates 1901



## **Why this program works...**

### **Structure**

The Pilates 1901 PFF program is structured to give participants a clear pathway to fat loss through setting specific goals, assigning tasks to achieve them, and providing the tools, timeline, and community needed to be successful.

### **Accountability**

Your success is our #1 Priority, because if you don't look good, we don't look good. Your PFF tools include goal setting, record keeping, food journaling and specific meal plans and recipes to get you jumpstarted! And we'll help you keep track of your progress with regular Assessments and Accountability.

### **Community Support**

At Pilates 1901, we understand the power of community in helping our clients achieve their goals. That's why we know each one of our clients by name and champion their individual goals and successes. And that support doesn't stop at our doors— your program includes our online PFF and private PFF Facebook page.

You're about to embark on a truly transformational experience- Pilates is unlike any other type of exercise you've ever tried, and our Paleo Nutrition Template will enable you to lose weight more quickly and easily than you ever dared to dream. **It's your time! Now Get Started!**



**PILATES FAT LOSS** Formula



**Kansas City's  
Premier Pilates  
Fat Loss Program**

1901 west 43rd ave kc,ks 913 499 7510

[www.pilates1901.com](http://www.pilates1901.com)

At Pilates 1901 we don't just change bodies, we change lives.



# 3 Ways to Play

PFF BASIC	PFF PLUS	PFF GOLD
4 Group Assessments, Before & After Pics, Online Updates	4 Group Assessments, Before & After Pics, Online Updates	4 Private Assessments. Before & After Pics and personal coaching sessions
PFF Online Access	PFF Online Access	PFF Online Access
Private Facebook Community Access	Private Facebook Community Access	Private Facebook Community Access
PFF 10 Day Paleo Jumpstart	PFF 10 Day Paleo Jumpstart	PFF 10 Day Paleo Jumpstart
	PFF Motivational Manual & Food Journal	PFF Motivational Manual & Food Journal
	PFF Eat to Lose Cookbook & Pantry Guide	PFF Eat to Lose Cookbook & Pantry Guide
<i>For 3X a week members...</i>		PFF Workshop Series
<b>FREE</b>	<b>\$149</b>	<b>\$199</b>

**3 Days**

Sample 3 day/week

**3 days a Week Mat / Cardio Membership**

\$129 per month

**3 days a Week Mat / Equipment Membership**

\$244 per month