



Kansas City's BEST Pilates Fat Loss program!

You too can have a sleek, lean, Pilates body! All you have to do is show up and do what we tell you to do. It's that simple! We really can get you back into your skinny jeans! We've done it for lots of other folks just like you and we can help you too!

Getting Started....

The Pilates Fat Loss Formula is an on-going program. But when you **join before Sept 15th, 2012** as a 3X week Pilates 1901 Member, the program is yours **ABSOLUTELY FREE!** That's because we know your success depends on consistency, intensity and frequency of training. You show up- We show you how it's done. No nonsense. No wasted time.

How it works...

Our program works! Why? **Because we know the power in:**

Pilates- there simply is no more effective, total body conditioning lengthening and strengthening than Pilates. This is based on more than 80 years of practiced principles, application and renowned results. Pilates increases strength, stability, and lean muscle mass, and, **IT FEELS GREAT!**

Nutrition- No matter what kind of workout program you are doing if you don't focus on what you eat (or aren't eating) you won't lose weight, period. The Pilates Fat Loss Formula teaches you what to eat, how much to eat and when to eat it to turn your body from a fat storing machine into a fat burning machine!

Community- We know you can never underestimate the power of shared experience, consistency and accountability in setting and achieving your fat loss goals. We've even set up a Private PFF Facebook page especially for the success of this group!

What do I get?

- Regular Assessment and Progress Reports
- 12 Motivating and Educational Workshops
- The Pilates Fat Loss Formula Handbook and Motivational Journal
- The PFF 10 Day Jumpstart Program
- The PFF Eat to Lose Cookbook
- Access to our Exclusive & Private PFF Facebook community
- Free subscription to our PFF online website....

This \$625 + Value is yours FREE
to all 3 x/ week Pilates 1901 Members who join
before September 15, 2012





PILATES FAT LOSS Formula

FALL 2012 WORKSHOP SCHEDULE

Included in your PFF program



Sat	Sept 22nd	Metabolism 101 12:00 pm Why we are FAT and how NOT to be...	All Welcome FREE
Sat.	Sept. 29th	Assessments 1030 am to 12:00 pm Paleo Cooking Workshop– 12:00 pm Learn what to eat and how to cook it lose fat!	Staff Stephanie P
Tue	Oct 2nd	Is your Cardio Working? 730 pm	Tina & Lisa
Sat	Oct 6th	Five Moves to Master 12:00 pm	Lisa Looy
Tue	Oct 9th	Paleo Grocery Tour 7:30 pm	Tina Sprinkle
Sat	Oct 13th	Four F's to Fat Loss Pt 1 12:00 pm The first of Jill's excellent series– Fit & Fun to Be With	Jill Tupper
Sat	Oct 20th	Assessments 1030 am to 12:00 pm Facial Fitness Workshop 12:00 pm Anti aging skin care from Tangia Spa	Staff Casey Hubele
Tue	Oct 23rd	Four F's to Fat Loss Pt 2 730 pm Familiar Funk & All That Junk	Jill Tupper
Sat	Oct 27th	Dance Your Butt Off 12:00 pm	Laura Brooks
Sat	Nov 3rd	Four F's to Fat Loss Pt 3 12:00 pm Fits & Starts & Vanishing Parts	Jill Tupper
Sat	Nov 10th	Fit Fab and Frocked Party 1:00 pm The Fashion Makeover Event You Don't Want to Miss!	Jen & Brenda
Tue	Nov 13th	Four F's to Fat Loss Pt 4 12:00 pm Food as Fuel	Jill Tupper
Sat	Nov 17th	Assessments 1030 am to 12:00 pm	Staff
Sat	Dec 1st	Holiday Survival 101 12:00 pm and Paleo Pot Luck– Prizes for the best recipes!	Tina & Lisa
Sat	Dec 8th	Assessments 1030 am to 12:00 pm	Staff
Sat	Dec 15th	PFF Results and Holiday Party 1:00pm	Y O U!