



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 7:30 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!

This workshop is Priceless! But included in your PFF Program Structure + Accountability + Motivation = Your Success



The Paleo Cooking Workshop ~ Sept 29th

with Personal Chef Brandon Odell from [A friend that Cooks](http://www.friendthatcooks.com) www.friendthatcooks.com
Getting real in the kitchen to jumpstart your fat loss the Paleo way ~ practical tips, recipes and strategies for adopting a Paleo lifestyle. Because we all know you must PLAN to success or you are planning to fail. Here is your plan.



Five Moves to Master ~ October 6th

with Expert Trainer Lisa Looy
Setting the foundation for your Pilates practice and results, this intensive workshop explores the Five Basic Principles. Even if you have been a student for some time, this workshop will deepen and strengthen your practice. That's the beauty of Pilates- the work just keeps getting better and better!



The Four F's to Fat Loss Freedom ~ Oct 13th, 23rd, Nov 3rd & 13th with [Life & Wellness Coach Jill Tupper](http://www.jilltupper.com) www.jilltupper.com

Supporting your success by addressing the mind body connection to lasting fat loss, this FOUR part series will educate, motivate and inspire you to continue on your fat loss path and beyond! A \$299 value included in this program at no additional charge!



Facial Fitness ~ October 20th

with Casey Hubele, Owner [Tangia Spa](http://www.caseyhubele.com) www.caseyhubele.com
Casey is the best advertisement for her product- her skin is amazing! Now she's sharing her best anti aging tips for beautiful skin with us! We're working hard on transforming our bodies- let's not forget to put our best face forward too!



Dance Your Butt Off ~ October 27th

with Laura Brooks and Tina Sprinkle
We should have named this workshop Laugh your butt off! That's because we want to show you that you CAN dance, no matter what previous experience tells you! All you need for this workout is a good sense of humor and tennis shoes. Good, sweaty, funky fun!



Fit Fab and Frocked Fashion Show ~ November 10th

with Brenda Clevenger of [Midlife Mona Lisa](http://www.midlifemonalisa.com) www.midlifemonalisa.com
and Jennifer Neihouse of [Itssouwardrobe](http://www.itsouwardrobe.com) www.itsouwardrobe.com

We're re-inventing mid life with this one of a kind "Midlife Makeover" Fashion Show. Showcasing the progress of 10 lucky PFF participants via the expert stylings of Fashionista Jennifer Neihouse. (if you want to receive over \$500 in Itssou services FREE, be one of the first 10 PFF participants to sign up with Jennifer! Brenda Clevenger, blogger at Midlife Mona Lisa will be covering this event and all your stories of transformation! Because becoming more you at mid life is inspirational!! Everyone is invited!



Holiday Survival 101 ~ December 1st

with Tina Sprinkle and Santa Claus
We're not about to let you undo all the progress you've made by packing on the "seasonal seven" between Thanksgiving and New Years. This workshop gives you the strategies and tools to not only maintain, but LOSE during the holidays!