

## WHAT DO I GET WITH MY PILATES FAT LOSS FORMULA?

- **Pilates Fat Loss Formula Manual & Motivational Food Journal** (\$69 value)
- **Pilates Fat Loss Formula EAT TO LOSE Real Life Paleo Cookbook** (\$48 value)
- **Pilates Fat Loss Fat Flush Plan-Your 10 Day Jump-Start Program** (\$39 value)  
  
**PFF Online- 9 workouts, educational workshop series, eblasts, blog posts, private facebook community, and more ...** (\$149 value)
- **12 Awesome Workshops including Paleo Cooking Class, Facial Fitness, The Four F's to Fat Loss Freedom, and Fit, Fab and Frocked! and more** (\$359 value)

**This \$625 value is yours for just \*\$299!**

(\*This program is ONLY available to clients who are enrolled in 3 sessions per week of classes and or training at Pilates 1901- Ask us for details)



## 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 focused with 12 Motivating & Inspiring Workshops.

### 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 with our online community. We have a Private PFF Facebook page as well as online PFF tutorials to help you in the studio and beyond!

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 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)

BECAUSE WE DON'T JUST

CHANGE BODIES... WE CHANGE



# Fall Workshop Series

|      |            |                                      |                       |                |
|------|------------|--------------------------------------|-----------------------|----------------|
| Sat  | Sept 22nd  | <b>Metabolism 101</b>                | <b>12pm</b>           | All Welcome-   |
| Sat. | Sept. 29th | <b>Assessments</b>                   | <b>1030am to 12pm</b> | Staff          |
|      |            | <b>Paleo Cooking Workshop</b>        | <b>12pm</b>           | Steph Provance |
| Tue  | Oct 2nd    | <b>Is your Cardio Working?</b>       | <b>730pm</b>          | Tina & Lisa    |
| Sat  | Oct 6th    | <b>Five Moves to Master</b>          | <b>12pm</b>           | Lisa Looy      |
| Tue  | Oct 9th    | <b>Paleo Grocery Tour</b>            | <b>7:30pm</b>         | Tina Sprinkle  |
| Sat  | Oct 13th   | <b>Four F's to Fat Loss Pt 1</b>     | <b>12pm</b>           | Jill Tupper    |
| Sat  | Oct 20th   | <b>Assessments</b>                   | <b>1030am to 12pm</b> | Staff          |
|      |            | <b>Facial Fitness Workshop</b>       | <b>12pm</b>           | Casey Hubele   |
| Tue  | Oct 23rd   | <b>Four F's to Fat Loss Pt 2</b>     | <b>730pm</b>          | Jill Tupper    |
| Sat  | Oct 27th   | <b>Dance Your Butt Off</b>           | <b>12pm</b>           | Laura and Tina |
| Sat  | Nov 3rd    | <b>Four F's to Fat Loss Pt 3</b>     | <b>12pm</b>           | Jill Tupper    |
| Sat  | Nov 10th   | <b>Fab, Fit and Frocked Party</b>    | <b>1pm</b>            | Jen & Brenda   |
| Tue  | Nov 13th   | <b>Four F's to Fat Loss Pt 4</b>     | <b>730pm</b>          | Jill Tupper    |
| Sat  | Nov 17th   | <b>Assessments</b>                   | <b>1030am to 12pm</b> | Staff          |
| Sat  | Dec 1st    | <b>Holiday Survival 101</b>          | <b>12pm</b>           | Tina & Lisa    |
| Sat  | Dec 8th    | <b>Assessments</b>                   | <b>1030am to 12pm</b> | Staff          |
| Sat  | Dec 15th   | <b>PFF Results and Holiday Party</b> | <b>1pm</b>            | <b>Y O U!</b>  |

**3 Days**

Sample 3 day/week

But we can build you a

personalized 3 day plan too!

| CLASS MEMBERSHIP OPTIONS  | How many?                                   | How much?                                    | How long?                             |
|---|---|--|---------------------------------------|
|   | How many sessions do I get in this package? | What's the monthly nut? (6 monthly payments) | How long do I have to use my classes? |
| <b>LOVIN MY MAT/CARDIO Membership:</b><br>Includes all Mat, Ball, Xpress, Cardio, Tramp & On Ramp Classes   | 48  | \$ 90 p/mos                                  | 200 days                              |
|   | 72  | <b>\$129 p/mos</b>                           | 200 days                              |
|   | 100   | <b>\$159 p/mos</b>                           | 200 days                              |
| <b>SIR MIX A LOT MAT &amp; REFORMER COMBO Membership:</b> The best of both worlds- half of your classes are mat/cardio and half are equipment classes. Mix it up for a better body! | 48 (24 of each)                             | \$179 p/mos                                  | 200 days                              |
|   | 72 (36 of each)                             | <b>\$244 p/mos</b>                           | 200 days                              |
|   | 96 (48 of each)                             | <b>\$349 p/mos</b>                           | 200 days                              |
| <b>I NEED MY REFORMER Membership:</b><br>Includes all Pilates Reformer, Tower, Chair, and Circuit Classes. You can take any mat/cardio too!   | 48  | <del>\$269 p/mos</del>                       | 200 days                              |
|   | 72  | <b>\$359 p/mos</b>                           | 200 days                              |