

## Why GIRL POWER?



Coach Cara Cockrill developed the GIRL POWER program for tween girls, ages 8- 14 to improve flexibility, core strength, sports performance and self esteem!

A STOTT Pilates & CrossFit Level I certified fitness trainer, Coach Cara has a genuine passion for helping young women feel strong, healthy, confident and powerful through athletic conditioning.

She knows the impact regular training can bring to an athlete of any age, and the increased sense of empowerment mastering movement brings.

**“Because, at Pilates 1901,  
we don’t just change bodies,  
we change lives.”**

### Pilates 1901

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*Brought to you by  
Coach Cara*

*Because we know that*

**GIRLS + POWER =  
AGILITY  
STRENGTH  
AND PERSONAL  
EMPOWERMENT**

**Pilates 1901**  
[www.pilates1901.com](http://www.pilates1901.com)

# GIRL POWER

## Weekly Curriculum

### Week One: Making the Connection

GIRLS will learn the 5 basic Pilates principles while moving through a series of Pilates Mat exercises using props such as fitness circles, toning balls, and foam rollers. The foundation to all athletic movement is connection!



### Week Two: Roll With It

GIRLS will further their experience with the five basic principles in Pilates and body awareness by using stability balls for total body work from head to toe! This is not only a fun way to challenge core connection and stability, but may reveal strength and flexibility imbalances. We're here to help you *create* movement, not simply *re-act* to movement!

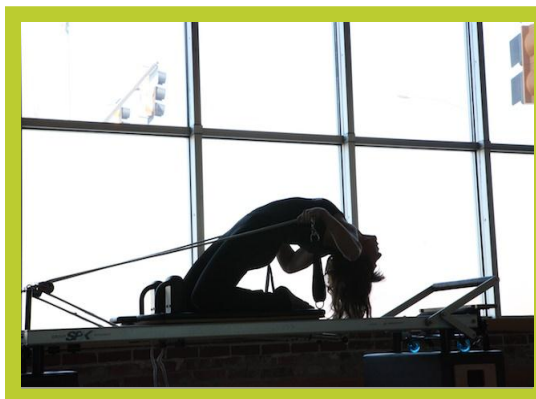


## Winter Session begins Jan 28th

Mondays 3:30 - 4:20 pm  
Wednesdays 3:30 - 4:20 pm  
January 28<sup>th</sup> – February 20<sup>th</sup>

4 sessions \$130  
8 sessions \$225

*These small group training sessions are limited to 10 students per session.*

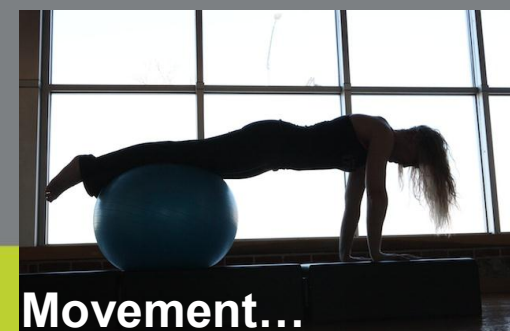
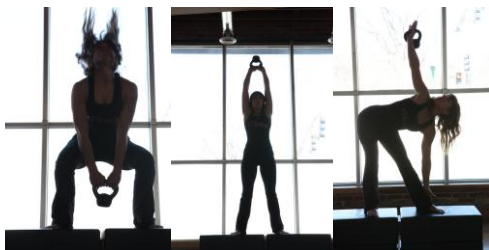


### Week Three: Let's Swing!

GIRLS will increase cardiovascular fitness and flexibility with work using 5 to 10lb kettlebells to move through a challenging high intensity workout. By adding dynamic movement to established core connection, we further challenge athletic performance via strength and endurance exercises.

### Week Four: Mixing it Up!

GIRLS will draw experience from the previous three weeks to move through a circuit workout incorporating Pilates Mat exercises with props, stability ball work, and kettlebell moves. This will test strength, coordination, endurance and agility- not to mention GIRLS will sweat! This circuit is FUN but deceptively challenging & effective!



## Movement...

### Increases energy

That means you're going to feel better throughout your day- no late afternoon blahs.

### Increases focus

Sustained energy helps you focus on things that are important. Like school.

### Increases strength

That means you're going to feel your muscles toning and shaping up. Resistance training also helps build strong bones. It matters.

### Increases mood



There's nothing that feels better about feeling strong, centered and in shape.

**GIRL POWER** is here to show you the way, step by step.