



is for...

Take Time for, YOU!

Tackle your fears,

Tally your accomplishments,

Thank your supporters,

Treasure your health,

Transform your thoughts,

Toss your hat in the ring,

Train daily to love your body,

Try something NEW!

Team up for success!

Teach health by LIVING it!



WHY IT WORKS

Structure

T School is a proven method for losing weight fast. You'll learn how to exercise and eat for optimal fat loss. By setting clear, specific goals, tasks to achieve them, and deadlines, your plan becomes your pathway to success. A goal without a deadline is just an idea— and T School is all about RESULTS, not just wishful thinking.

Accountability

Your success is our #1 Priority, because if you don't look good, we don't look good. Your T school tools include regular assessments, coaching, and education to keep you focused, accountable and making progress. Our job as your coach is to remind you of why you started in the first place and make you happy you did.

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 weekly emails, peer support and our private FB community resource.

You're about to embark on a truly transformational experience— You are about to change the way you eat, move and feel in your body. You're about to feel and look incredible!

It's your time! Now let's get started!



school



**12 WEEK
TRANSFORMATION**

T SCHOOL SYLLABUS & TUITION

3 T Training Workshops	\$90 value
3 T School Strategy Sessions	\$90 value
2 Paleo Cooking Classes	\$90 value
3 T School Assessments	\$75 value
T School Manual, Food Journal and Cookbook	\$100 value
Private FB Community recipes, updates & support	\$ Priceless



Just \$249.00

** \$199.00 for 3X week Clients*

Transformation is possible at any age. It begins with a decision.



COURSE CALENDAR

Sat Sept 21	Calling All Sugar Addicts FREE 11:30 am
Sat Sept 28	Assessments Paleo Cooking Class Strategic Planning #1 12:30 pm
Mon Sept 30	Jumpstart begins
Sat Oct 5	T-12 Toning Workshop 12:30 pm
Sat Oct 26	Assessment Après Jumpstart Strategic Planning #2 12:30 pm
Wed Oct 30	*Paleo Dinner Party Evolve Personal Chef <i>* additional fee</i>
Sat Nov 9	T 10 Flow Workshop 12:30 pm
Sat Nov 16	Assessment Holiday Cooking Class, and Strategic Planning #3 12:30 pm
Sat Dec 7	Assessment T RELAX Workshop 12:30 pm
Sat Dec 14	1901 Holiday Party Awards Ceremony 6:30 pm