



**school**

# RETURNS

## JAN 17<sup>TH</sup> 2015!

**New And Improved**  
featuring...



Tina  
Sprinkle

Dr. Alicia  
Johnson



Joan O'Keefe, RD



# T SCHOOL COURSE SYLLABUS

## TRIMESTER ONE : NUTRITION SCIENCE FOUNDATIONS



- Sat Jan 17<sup>th</sup>**                      **Sugar, Stress & Hormones FREE Workshop @ 12:00 pm**  
**with Dr Alicia Johnson and Tina Sprinkle**
- Sat Jan 24<sup>th</sup>**                      **Baseline Assessments 10:00 am -12:00 pm**  
**Pantry Purge and T School Enrollment Party 12:00 – 2:00 pm**
- Mon Jan 26<sup>th</sup>**                      **21 Day T School Jumpstart begins- Expect RESULTS!**
- Sat Jan 31<sup>st</sup>**                      **Fat Loss Nutrition with Joan O’Keefe, RD 12:00 pm**
- Sun Feb 8<sup>th</sup>**                      **Paleo in the Kitchen Cooking Class – 6:00 pm Evolve Kitchen**
- Friday, Feb 13<sup>th</sup>**                      **Friday Fun(k) Day- Zumba Pop Up & Day 22 Plan 5:30 – 7:00 pm**  
**Team Meetings follow**
- Sat Feb 21<sup>st</sup>**                      **Assessment Update # 1**  
**Exercise Science Foundations**  
**with Tina Sprinkle and Dr Alicia Johnson**



**Beginning on Trimester TWO**





# T SCHOOL COURSE SYLLABUS

## TRIMESTER TWO : EXERCISE SCIENCE FOUNDATIONS

**Sat Feb 21<sup>st</sup>**

**Assessment Update #1**

**Exercise Science Foundations Workshop 12:00 – 1:00 pm  
with Tina Sprinkle and Dr Alicia Johnson**

**Fri Feb 27<sup>th</sup>**

**Friday Fun Day- Pop Up Workout & Happy Hour**

**Exercise as a Ritual with Tamie Rising 5:30-7:00 pm**

**Sat Mar 14<sup>th</sup>**

**Refine & Define Workshop:**

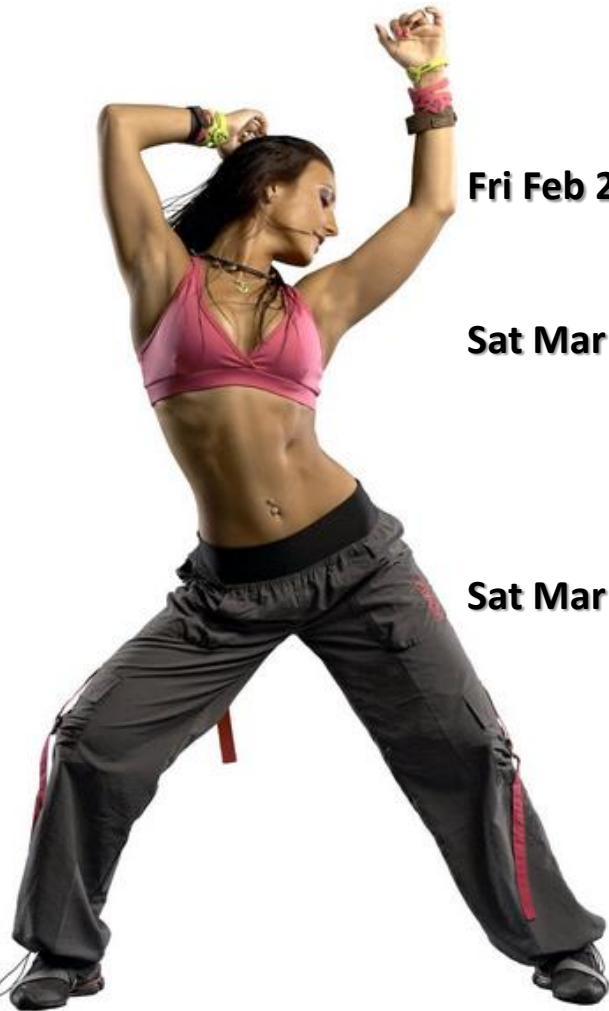
**Anti aging Exercise with Sushma Patel, PT,  
Owner Bodies in Motion Physical Therapy  
12:00 – 1: 00 pm**

**Sat Mar 21<sup>st</sup>**

**Assessment Update #2**

**Team Meetings 12:00 – 1:00 pm**

**Beginning Trimester THREE**





# T SCHOOL COURSE SYLLABUS

## TRIMESTER THREE : RITUAL SUCCESS- PRACTICING LIFE LONG HEALTH HABITS

**Sat Mar 21<sup>st</sup>**

**Assessment Update #2  
Team Meetings 12:00 pm**

**Fri Mar 27<sup>th</sup>**

**Friday Fun Night 5:30 -7:00pm  
Break Out Workout & Break Thru Thinking  
Tina Sprinkle and Tamie Rising**

**Wed Apr 8<sup>th</sup>**

**Spring Up Paleo Cooking Class  
7:00 – 8:30 pm  
Evolve Paleo Kitchen**

**Sat Apr 11<sup>th</sup>**

**Assessment Update #3  
Putting it all Together for Life  
Tina Sprinkle and Dr Alicia Johnson  
12:00 – 1:00 pm**

**Sat April 18<sup>th</sup>**

**T School Graduation and Celebration Party  
11:30 am – 1:00 pm**





**REFER  
FRIENDS  
& FAMILY**

