



Fort Worth Classical Pilates Presents

A Continuing Education
Workshop Weekend
with **Mari Winsor**

The Boland Shopping Center
3418 W 7th Street, Suite 111
Fort Worth, Texas 76107
817.533.1716

JANUARY 24 – 25, 2015

One of the most celebrated names in Pilates, **Mari Winsor** is a dancer, teacher, author, and one of the foremost Pilates instructors in the world. With two studios in Los Angeles and a continuous roster of A-list clients, Mari is the most sought after trainer in Hollywood. Known for her signature "dynamic sequencing" workout and commitment to sharing her knowledge and experience, Mari is a true Pilates talent and celebrity in the health and fitness world.



SATURDAY, January 24, 2015

- | | | |
|---------|---|--------------|
| 9 – 10 | Advanced Mat Class
<i>Warm up for the day with the Classical Mat</i> | \$50 |
| 10 – 12 | Spine Stretch Forward & More
<i>This basic exercise can be seen in many different places throughout the entire Pilates system. Expand your own understanding & execution of the C-curve to translate it effectively and beneficially to your clients.</i> | \$125 |
| 1 – 4 | Reformer Clinic
<i>Explore the heart of your Pilates system with this key fundamental apparatus.</i> | \$175 |

SUNDAY, January 25, 2015

- | | | |
|---------|--|--------------|
| 10 – 12 | Pilates for the Baby Boomer
<i>A look at specific issues, considerations, or variations to successfully support and encourage this ever growing age group.</i> | \$125 |
| 1 – 4 | Cadillac Clinic
<i>Take your Cadillac work to the next level and discover how to break down your basic exercises, deepen your intermediate practice, and elevate your advanced mind.</i> | \$175 |

DAY RATE **\$250**

WEEKEND RATE **\$450**

Lunch is included for all Full Day and Weekend Participants

PRIVATES **\$150**

DUETS **\$100**

Limited Availability. Observation Opportunities.

Call 817.533.1716 or
email info@fortworthclassicalpilates.com to register.