



**CROSS CORE TRAINING SERIES
PRESENTS**

ATHLETIC PILATES
A MASTER CLASS

*BRIDGING THE PILATES REFORMER WITH
FITNESS TRAINING*

**FOR ALL FITNESS PROFESSIONALS
PILATES INSTRUCTORS
PERSONAL TRAINERS & GROUP EXERCISE
INSTRUCTORS**

THURSDAY, MARCH 30TH. 2017

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**TAKE CHARGE FITNESS
1921 N. CHARLES SEIVERS BLVD.
CLINTON, TN 37717
865-457-8237 FOR DIRECTIONS**

**TIME: 5:30 TO 7:30PM
REGISTRATION 5:00 PM**

**THIS CLASS IS A MOVEMENT MASTER CLASS - A FULL BODY WORKOUT
ALTERNATING MAT AND BODYWEIGHT EXERCISES WITH REFORMER
WORK**

**COME EXPERIENCE ASTHETICALLY WHY MAT & REFORMER PILATES IS
THE ULTIMATE CORRECTIVE EXERCISE AND INTRINSIC TRAINING
TECHNIQUE THAT WILL TAKE YOUR KNOWLEDGE TO A HIGHER LEVEL**

**THIS CLASS IS APPLICABLE FOR ANY FITNESS PROFESSIONAL WHO
HAS NEVER EXPERIENCED PILATES EQUIPMENT. THIS CLASS IS THE
MOVEMENT "LEARN HOW" FROM THE CROSS CORE LECTURES**

2 AAI/ISMA CEC's

Cost: \$30.00 pre-reg by March 24, 2016
\$50.00 post marked after or walk-ins

SPACE IS LIMITED

please contact Susie G to confirm you spot

Cross Core Training by Susie G
REGISTRATION FORM

Name: _____ Please send early registration form and payment to:

Susie Green
68110 Santelmo Road
Cathedral City, CA 92234

E-mail: _____

Phone #: _____

Sorry, no credit cards.

Address: _____

Please make checks or Money Orders to:

LPL Financial - Training by Susie G

LOCATION: Take Chage Fitness
1921 N. Charles Seivers Blvd.
Clinton, TN 37717

For more Information: SusieGorman@msn.com

\$25.00 - ___ Early Registration by March 25, 2016

\$40.00 - ___ Late and walk-in Registration