

Pilates Workshop

With Master Teachers Michael Fritzke & Ton Voogt

Saturday, February 27th, 2-5pm



The Road You Take

"When all's said and done, all roads lead to the same end. So it's not so much which road you take, as how you take it."

Joseph Pilates taught each of his protégés the exercises or a version of the exercises they needed for their body, which taught them the method. They in turn systematized their experiences, which are the foundations of the differences and similarities we have today.

By understanding and embracing our differences, we expand our knowledge of the method giving us a deeper understanding of the depth of the work. We realize that it is not about the outward form of the exercise, but about the inner experience and goal of each exercise.

In this workshop, you will experience many of these differences, by performing the same exercise in a variety of styles. You will experience what each version has to offer to the exercise, and we will discuss many facets of how the movement patterns and the execution of the exercised are influenced in each exercise or variation. **Ideal for instructors and intermediate/advanced to advanced practitioners.**

ABOUT MICHAEL FRITZKE & TON VOOGT

Michael and Ton are internationally recognized Pilates presenters, educators, consultants and innovators with over 25 years experience in the fitness industry. They believe that Pilates is both an Art and a Science. It is an Art because it requires ability in execution and it is a Science because it is based on a systematic theory. It is this systematic theory, with concepts and principles, that is the common thread in all approaches, traditional and evolved.

Michael and Ton both worked with Romana Kryzanowska, one of Joseph Pilates' protégés, for over 10 years in New York City where they were Teacher Trainers for her original international Pilates certification program. Since 1996, Michael and Ton have collaborated specializing in the Pilates method. They co-founded ZENIRGY, LLC. and together they developed and created the revolutionary TRIADBALL™, TRIADBALL™ manual, numerous DVDs (commercial and educational) and several independently owned and operated Pilates certification programs in Norway, Austria, The Netherlands and Portugal. They have also collaborated with a wide range of Physical Therapists to integrate the Pilates method into patient-based therapy programs. Michael and Ton have appeared on ABC, NBC, FOX, Oxygen and Lifetime promoting the Pilates method. Their work has also been featured in numerous magazines and newspapers such as: Pilates Style, Self, More, TimeOut New York, New York Post and others.

For additional information, visit: www.zenirgy.com

REGISTRATION & FEE

\$120 if you register by February 20th

\$135 if you register after February 20th

To register, please call:

(602) 631-9698

WORKSHOP LOCATION

Pilates by Fitness Solutions
4113 North 7th Ave.
Phoenix, AZ 85013-3071
NE corner of Indian School & 7th Ave.
(602) 631-9698

