

Pilates by Fitness Solutions and Premier Pilates of Scottsdale present

PILATES CONTINUING EDUCATION WORKSHOP SERIES*

Led by Nationally Renowned Pilates Master Teachers Michael Fritzke and Ton Voogt

*CE Credits will be given for Peak & Power Pilates



Sunday, February 19

9:00 am - 12:00 pm

[Functional Choreography](#)

held at Premier Pilates of Scottsdale

Sunday, March 18

9:00 am - 12:00 pm

[Cadillac and Wall Unit Combos](#)

held at Pilates by Fitness Solutions

Sunday, April 15

9:00 am - 12:00 pm

[Make Your Mat Props Your Teaching Tools](#)

held at Premier Pilates of Scottsdale

Sunday, May 6

9:00 am - 12:00 pm

[Pelvic Mobility and Stability](#)

held at Pilates by Fitness Solutions

Click class name for a detailed description of each workshop.

Please contact Pilates by Fitness Solutions to Register (602) 631-9698 or mail@pilatesaz.com.

MAT CLASSES will be offered by Michael & Ton from 8am-9am before each workshop.

These classes will be open to the public.
Subject to availability.

Call for Reservations

(480) 285.8058
for a 2/19 or 4/15 appointment

(602) 631.9698
for a 3/18 or 5/6 appointment

Michael & Ton will be available for one-hour **PRIVATE/DUET SESSIONS** after each workshop.

Preference will be given to workshop attendees.
Subject to availability.

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Pricing

Early Bird Registration <i>(before 2/7/12)</i>	\$420	All 4 Workshops
Regular Registration	\$460	4/4 Workshops
Partial Registration	\$360	3/4 Workshops
Partial Registration	\$250	2/4 Workshops
Partial Registration	\$135	1/4 Workshop
Day of Registration	\$145	Per Workshop
Mat Class	\$20	Per Class
Private Session	\$70	Per Session



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