

## Saturday, Session 1

### **G209 - How to Teach Gyrotonic Pulley Tower Classes: Inspiring Programming: 7:00-9:00AM**

If you think Gyrotonic exercises can only be taught in private sessions, think again! This workshop leads a group of participants through a series of progressive, inspiring and fun group programs on the Gyrotonic Pulley tower. Whether you have two or more towers you can teach group Gyrotonic Classes. Besides having a great workout, participants will learn how to teach Gyrotonic tower Classes to groups of Beginner, intermediate and advanced students. We will also discuss how to handle different student levels in the same class. Pre-requisites: Gyrotonic Level I Certified. CEC: 1 Polestar. Staff: Kathy Van Patten

### **P205 - STOTT PILATES® Armchair Pilates Plus OR For a Mature Population: 7:00-9:00AM**

Learn how to adapt the STOTT PILATES principles and exercises to a client with restricted mobility that is better suited to working in a seated position. A variety of exercises will be discussed, demonstrated and experienced that work both the core and peripheral muscle groups while keeping the body upright. The Flex-Band® exerciser will be incorporated into many of the exercises, to provide light added resistance and add variety to this full-body program. CEC: .2ACE, 2 PMA, 1 Polestar, .2 STOTT. Staff: Stott Pilates

### **P217 - Rings, Balls, Bands and More!: 7:00-9:00AM**

Props! We all love them. They are the silent instructor that teaches the body directly. In this workshop, we will cover the functionality of many of the most often used Pilates props. We will look at the function, benefits and challenges of introducing and using these props in a private session or group class setting. Staff: Michael Fritzke and Ton Voogt

### **G210 - Gyrokinesis® - A Workout for the “Computer User”: 7:30-9:00AM**

This class addresses the correction of faulty alignment in most sitting postures that lead to issues such as: forward head posture, kyphotic spines, rolled-in shoulders and carpal tunnel syndrome. Open up the body, release tension and create energy without leaving your chair. Staff: Christine Wilson

### **P201 - Power Pilates Bootcamp Workout: 7:30-9:00AM**

This workout is geared to get you moving! During this workout you will be pushed to your Pilates “edge” by a Power Pilates instructor. You will begin on the reformer or mat/tower for half the session, then switch, and finally join together for a collective ending. Ideal for Instructors and Clients (clients must be at an intermediate /advanced level) Come ready to work it out! Prerequisite: Open to Instructors and Intermediate/Advanced level clients. Staff: Allison Gonzalez

### **P208 - Reformer Choreography “Use the Move”: 7:30-9:00AM**

This 90 minute workout will show you how to put together a reformer class that flows and accommodates beginner to advanced fitness levels. Chrissy will demonstrate how to use familiar movements to create new and exciting choreography that will add challenge and interest for your participants. Leave with new ideas and new moves to enhance your reformer classes and private sessions. Staff: Christine Romani Ruby

### **FM219 - Franklin Ball Class: 8:00-9:00AM**

Ballwork has many uses in The Franklin Method - for warm up, balance work, increasing flexibility, strengthening. This class will be a great way to wake up in the morning –come and play ball with us! Staff: Jan Dunn

### **P208 - Morning Mat Class: 8:00-9:00AM**

Wake up your body with this invigorating morning workout that will prepare your body for the rest of the day. A combination of both traditional and new exercises with a sequence tailor made for the morning, this class is the perfect way to begin the day. Staff: Cecile LeMoine Bankston

### **P206 - Piloxing Class: 8:00-9:00AM**

Join the new fitness craze, a dynamic mix between Pilates and Boxing and guaranteed to whip you into shape. Staff: Viveca Jensen

### **P211 - Resist-A-Ball® Tubing Challenge: 8:00-9:00AM**

Take a fresh look at one of the most popular pieces of equipment used in 94% of clubs today- tried and true tubing! This session is packed full of solo and partner resistance tubing exercises, designed to enhance fitness and performance goals. Learn why an how to employ the fundamentals of functional performance and functional movement patterns to create “usable strength”. Staff: Carol Murphy

### **P218 - Matwork on the Spine Corrector: 8:00-9:00AM**

Classical Matwork on the Spine Corrector provides an accessible alternative for a targeted and supported Pilates workout. Experience much of the “classic” mat syllabus on the spine corrector – including the One Hundred, Roll-up, Single and Double Leg Stretches, Teaser, Spine Stretch, Neck-Pull, Corkscrew, Scissors, Swimming, Swan, Mermaid and more! Staff: Kyria Sabin

**P222 - Pro-Roller Pilates Essentials: 8:00-9:00AM** Incorporating the Pro-Roller with Pilates exercise creates additional awareness of how your body feels and moves, helping develop better posture and body symmetry, while challenging core strength and balance. The Pro-Roller is an excellent teaching tool, providing opportunities to playfully experience movement that targets strength and flexibility, and decreases muscle stress and tension. Staff: Angela Kneale

## Saturday, Session 2

### **G231 - Gyrotonic® - Discover the Power of Breath: 9:30-11:30AM**

Breathing is an essential part of all movement. Learn a variety of breathing patterns and introduce them to different exercise sequences. Connecting the breath to specific movements leads to deeper connections in the body and increases the power of any workout. CEC: 1 Polestar. Staff: Christine Wilson

### **G232 - A Taste of Gyrokinesis®: 9:30-11:30AM**

Come experience GYROKINESIS. We will explore movements that will exhilarate your mind and challenge your body. Come share your energy and laughter with us as we arch, curl, and spiral our way into good health and joyful bliss. CEC: .2ACE, 1 Polestar. Staff: Debra Rose

### **P223 - Reformer for Men: 9:30-11:30AM**

This course presents a full body program specifically designed for a male client. This workout, with both original and new exercises will challenge the male client, and address the unique needs of the male body. CEC: 1 Polestar. Staff: Cecile LeMoine Bankston

### **P224 - ActivCore FEX®: From Assessment to Muscle Activation: 9:30-11:30AM**

ActivCore FEX® is a system of functional exercise using ropes, slings and bungee cords to provide safe, effective and pain free muscle activation. Participants will gain firsthand experience with a system that activates the right muscles, at the right intensity, at the right time. ActivCore FEX adds to your teaching skills with new information that can help clients at any level of ability. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Trent McEntire

### **P225 - Stretch Reformer Workshop: 9:30-11:30AM**

Veronica leads you through this unique session with a variety of dynamic movements and static positions focusing on using the reformer for stretching. Different muscles groups are addressed with the focus of balancing the body and using the latest research available different stretch methods are used Veronica will present the different postural issues and needs we meet on a daily basis and the adaptations and modifications in the levels that can be used. CEC: 1 Polestar. Staff: Veronica Ponienman

### **P226 - Matwork Intermediate – Technique is the Key: 9:30-11:30AM**

It's not about what you do its how you do it! This classes goal is not simply to 'do the moves' but to get the most benefit from each and every moment you are asking the body to execute the work. Malcolm is passionate in his belief that without technique we simple have an exercise. With technique we have an experience in the body where everything comes together. The moves are not suddenly easier or harder, just better. We aim for the original goals of the technique – movement that looks effortless and fluid. CEC: 1 Polestar. Staff: Malcolm Muirhead

### **P227 - Peak Pilates®: PilatesStick: Pilates without Limitations: 9:30-11:30AM**

The PilatesStick is a great new innovative tool that will enable Pilates trainers to take their show on the road! Experience how the PilatesStick can be used to simulate many of the reformer exercises, almost all of the Cadillac exercises, and how to use it in Pilates mat classes to add spice and variety, as well as challenge! CEC: .2ACE, 1 Polestar. Staff: Connie Borho

### **P228 - Lifelong Pilates & The Body, Part I: 9:30-11:30AM**

1) Less Effort/More Release and How Aging can Improve your Pilates practice: Mary will describe with demonstration her own evolution over 50 years of practicing Pilates, from the over-eagerness of youth to the mellowness which comes in one's 70's. Ego is no longer at stake and a greater partnership with the body and respect for what body can teach us emerges. 2) Less Performance/More Experience: There will be discussion and demonstration of the difference between directing the performance of Pilates exercises and experiencing them, with many examples of both. The goal here is less mind control and more listening to and watching the body's, especially the spine's, capacity for leadership. 3) More Spine/Less Mind: Introduction of new spinal release exercises using the cadillac as a starting point to experience pure release. Mary will demonstrate how it is not necessary to shrink with aging. Rather if one is motivated to discover and allow spinal release, it is possible to elongate. Just like the cat. Mary will teach the use of springs in various new exercises using the cadillac in order to facilitate an experience of spinal release for those who cannot let go enough to find it for themselves. CEC: 2PMA, 1 Polestar. Staff: Mary Bowen

### **P229 - Peak Pilates®: MVE® Chair Balance and Control: 9:30-11:30AM**

Learn how to develop an ideal workout for entry level students, de-conditioned individuals, seniors, or anyone wanting a lighter workout, using the hottest new equipment on the market. Why settle for a simple chair workout when the MVE™ Fitness Chair provides so much more opportunity for programming? Come on – it's easy! CEC: .2ACE, 1 Polestar. Staff: Zoey Trap

### **P230 - Peak Pilates®: Touch Speaks Louder Than Words: 9:30-11:30AM**

Can't find the words to get your clients to connect more deeply on the reformer? This workshop breaks down reformer exercises by highlighting connections that are particular to each specific exercise. You will have the opportunity to learn and practice how to use touch and opposition with the carriage thus connecting clients into their Powerhouse successfully and efficiently. Join Sonia Rodriguez and walk away with practical tools that you can use the next day in your studio. CEC: 2Peak, .2ACE, 2PMA, 4 Polestar. Staff: Sonia Rodriguez

### **P233 - Resist-A-Ball® Rhythmic Strength and Stretch: 9:30-11:30AM**

The dynamic nature of the ball encourages fluidity and rhythm in active stretching that result in muscle

balance, stress reduction, and total relaxation. Experience positions that are unique to the ball, achieve improved flexibility and neuromuscular motor learning. Slow, controlled movements that heighten postural awareness, spinal stabilization and trunk strengthening are emphasized in this session. This may give you the variety you are looking for in your program. CEC: 1 Polestar. Staff: Carol Murphy

## **P239 - The Breath as Source in Pilates: 9:30-11:30AM**

This workshop will analyze the physical, mental, and spiritual aspects of the “breath as source” in Pilates training. Joseph Pilates said, “Before any real benefit can be derived from physical exercise, one must first learn how to breathe properly – this all important function requires individual instruction, not only by precept, but by example.” Breathing is an autonomic response in the body, revealing unconscious habits and reflexive patterns of movement. The breath can also sharpen focus and relieve stress. We will learn how a focus on the “breath as source” can alter not only physical performance, but an overall feeling of comfort and joy in the client, in sessions and in conscious daily living. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Jonathon Urla

## **P240 - Functional Training for the Spine-Spine Correctors Asymmetrical: 9:30-11:30AM**

This course addresses spinal imbalances from functional to structural and teaches how to assess core misalignments. Flexion, extension, side bending and rotational movements are explored with breath work to correctly balance core movements. This class helps you to develop an understanding of dynamic alignment and asymmetrical patterning to functionally re-train core and spinal muscles. The Spine Corrector provides the essential support to maximize dimensional rotation of the spine through its varied ranges of motion. Staff: Kathy Corey

## **P243 - Why Breathing is More Important than the Exercise: 9:30-11:30AM**

Correct breathing is often neglected in exercise movement. Allan Menezes created 5 breathing rules in the mid 90s which still hold true today for all Pilates and other exercises. More importantly Allan will also show you how correct breathing technique can create more stability for greater results. CEC: 1 Polestar. Staff: Allan Menezes

## **P244 - Desk Pilates—Living Pilates Every Day: 9:30-11:30AM**

Desk Pilates is an invitation to bring the benefits of a little recess into each day—to be mindful of your breathing, to explore mind-body connections, to effectively utilize core muscles to support your spine, to increase your awareness of posture and positioning, and to playfully emphasize strength and flexibility throughout your daily activities—even while sitting at your desk! CEC: 1 Polestar. Staff: Angela Kneale

## **Y241 - YBR: Save Your Hips: 9:30-11:30AM**

Stop Stressing your Hip Joints! Your hip joint is where your thigh bone connects to your pelvis. This is a joint with tremendous potential for holding our torso with strength, and energy upright, connecting us also firmly through our legs to our feet and the earth. It is unfortunately an area which we load with tremendous pressure from above and from our legs and feet below. The amount of lower back pain, sciatica, hip pain and finally the slow wearing out of the joint winding up in hip replacements is mainly caused by simply not having the information you need to be able to do all the activities you love without stressing this joint. This class will teach you what this joint needs to maintain its full range of motion and balance, and ease of movement. You will learn the simple anatomy and the work that you can do throughout your life to keep this joint strong, flexible, and powerful. Fee: \$25 or bring your own black YBR balls. CEC: 1 Polestar. Staff: Yamuna Zake

## Saturday, Session 3

### **NE 202 - Lunch with PMA: 12:00-1:00PM**

Come join Trent McEntire, President on the Board of Directors for the Pilates Method Alliance®, for a casual lunch event where he will be speaking about the PMA. This is a great opportunity to engage with one of the leaders in the field of Pilates and also to network with many of your peers. You will have time to pick up your lunch from one of the nearby concessions before this session begins. Staff: Trent McEntire

### **NE201 - Lunch with the Master - Mari Winsor: 12:30-1:30PM**

Come join Mari Winsor for a casual lunch event where she will be speaking about the path of her Pilates education and career. You will enjoy her stories and history as a student of Romana and have a chance to ask her questions. This is a great opportunity to engage with one of the leaders in the field of Pilates and also to network with many of your peers. You will have time to pick up your lunch from one of the nearby concessions before this session begins. Staff: Mari Winsor

### **G253 - Why the Gyrotonic System Works, Part I: 1:00-4:00PM**

We all know movement modalities, such as Gyrotonic, have helped clients achieve more than simple fitness goals...in fact the more we teach, the more we see significant and often dramatic health benefits that accompany our work. The questions are WHY does it work and HOW does it work? The how and why have more to do with awakening the body's internal rhythms than it does with the fact that Gyrotonic is a really good workout! This workshop will explore specifically how movement affects the nervous system, endocrine system and cardiovascular system and how these systems work together in rhythmic continuity to bring about healthful changes. CEC: 2 Polestar. Staff: Leda Franklin, Joy Puleo

### **P245 - The Iliotibial Band and its Relationship in the Lumbo-Pelvic-Hip Complex: 1:00-4:00PM**

The Pilates environment offers a unique setting for creating balance of iliotibial band length and dominance. Discover the role and purpose of this band of tissue and how to use Pilates to solve numerous problems that

occur in competitive athletes, weekend warriors, clients with sitting jobs, and dancers. These issues can range from low back and hip problems to knee or ankle/foot problems. CEC: .2ACE, 3PMA, 2 Polestar.

Staff: Christine Romani Ruby

**P270 - BASI Pilates™ Take it to the Mat!: 1:00-4:00PM**

Join us for this fun workshop that will increase your Mat Work repertoire while still teaching original Pilates exercises. In this workshop we will explore exercises from the various apparatus to help demonstrate how the exercises can be used in Mat class to facilitate deeper exploration of the work. CEC: .3ACE, 2 Polestar.

Staff: Kristi Cooper White

**P250 - Lifelong Pilates & The Body Part, II: 1:00-4:00PM**

1) Breathing: Animal Plus Human – The Yawn, its Enormous Importance: The goal is natural involuntary breathing. Mary will introduce attitudes and exercises for connecting with the animal in ourselves to help to unlock manifold tensions around breathing. Sound will be used as an “unlocker” of the breath. Some discussion will happen around the role of our unconscious in breathing. Letting go. How does one let go? A huge subject which needs to and will be addressed in taking up breathing. The Yawn is your best hope.

2) Chronic Tension Patterns in the Body: As breathing is customarily blocked by tension, so is a natural experience of our bodies. Tensions from head to toe - how to propriocept them, focus on them and learn new ways to release them. 3) The Most Common Pelvic Imbalance: Mary will discuss and demonstrate the most common pelvic imbalances, a variety of reasons as to why it is so and exercises we can learn to do to correct it in order to prevent and avoid pain later in life from pelvic misalignment. CEC: 2 Polestar. Staff: Mary Bowen

**B266 - Online Marketing: 2:00-3:30PM**

Learn how to use email marketing services, and the latest techniques for producing compelling websites, newsletters, e-blasts, and search engine optimization. Staff: Roxanne Banta

**FM263 - Relax Your Neck, Liberate Your Shoulders: 2:00-4:00PM**

Experience the power of imagery, touch, and movement exercises to lengthen, strengthen, and balance your neck and shoulder muscles. Understand neck and shoulder anatomy and function to empower you to move your body the way it was designed to move - easily and without tension! CEC: .2ACE, 1 Polestar. Staff: Jan Dunn

**G254 - Introduction to Gyrotonic® Specialized Equipment: Addressing Individual: 2:00-4:00PM**

This workshop will introduce already certified Gyrotonic instructors as well as those interested in Gyrotonic to the Specialized Equipment.: Gyrotoner, Jump and Stretching Board, Leg Extension Unit and Ladder. Each one of the specialized apparatus meets specific needs of clients and can be incorporated into their workouts. Learn when and how to incorporate each apparatus to meet your client's goals and take them to a new level. Pre-requisites: Gyrotonic Level I Certified. CEC: 1 Polestar. Staff: Kathy Van Patten

**P246 - Wunda Chair: But I am Advanced: 2:00-4:00PM**

Michael brings his influences of a varied background to develop a style of Pilates that brings modifications and variations to a well rounded safe workout. His UK flare and humor highlights his unique style and class.

Whether you are a novice to teaching Pilates or an experienced trainer you will benefit from this substantial technical workshop on the Wunda Chair. CEC: 1 Polestar. Staff: Michael King

**P248 - Osteoporosis Update: 2:00-4:00PM**

2010 has brought a great deal of change in the way we think about bone and exercise! Learn the latest scientific updates from the experts in the field of bone health. Is Pilates a good exercise for building bone and preventing fracture? Does body awareness affect our bones? How is bone quality or strength assessed? Let's look at the role of Pilates as a neuromuscular re-education system and hear how it can be enhanced to build bone or prevent fracture at any age. CEC: .2ACE, 2PMA, 1Polestar. Staff: Sherri Betz

**P249 - Pure Classical Pilates: The Integrated System: 2:00-4:00PM**

This workshop will explore connections between similar exercises on each apparatus and how we develop ongoing assessment of students' abilities, perceived limitations and actual limitations while learning and practicing traditional Pilates. CEC: 1 Polestar. Staff: Peter Fiasca & Sandy Shimoda

**P251 - Peak Pilates®: MVe® Arcs & Angles: 2:00-4:00PM**

Combining the linear movements of the MVe Chair with the sweeping arcs capable with the Foam Roller, experience a true tri-planar workout that will leave you strong, stretched, and stable. Discover true functional full range of motion and Powerhouse strength in arcs as well as angles. CEC: .2 ACE, Polestar. Staff: Connie Borho

**P252 - Peak Pilates®: MVe Reformer Jump!: 2:00-4:00PM**

Propel yourself into the future with the MVe Jump Interval Program. Learn the basics of jump mechanics and experience an interval class that alternates between Mve® reformer exercises and jump interval bouts. Develop cardio stamina and stability as you move to music and put your muscles in motion. CEC: .2ACE, 1 Polestar. Staff: Zoey Trap

**P255 - Finding Your Core: The CORE Band Challenge: 2:00-4:00PM**

Controlling, Centering, Concentration, Precision Flow of Motion, and Breath- these principles are the foundation of Pilates. They are the essence of the work and the secret to the success of longevity of the program. But with so many diverse Pilates programs and different techniques, how do you know if you are doing the right thing? This course is designed to help you find your core, align your body and connect every exercise to maximize each movement for your body to produce maximum results. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Kathy Corey

## **P261 - Bender Ball Selected Stabilization: 2:00-4:00PM**

This is a hot program for all types of trainers utilizing the all new Bender Ball. Learn how to activate the deep core muscles that will lead to selected stabilization. You will learn great new core exercises that can be used either in personal training or group ex classes. Traditional crunches on the floor can lead to back and hip problems. You will learn that by using the Bender ball is 408% more effective for core training. 1) You will learn effective standing core stabilization to challenge all levels of your students; 2) You will learn floor core exercises that activate the necessary muscle groups for the most efficient abdominal workout ever; and 3) You will understand the importance of corrective stabilization before mobilization will protect the spine and create safer movement patterns for all other forms of exercise. CEC: .2ACE, 1 Polestar. Staff: Leslee Bender

## **P262 - Winsor Accelerator Pilates Workshop: 2:00-4:00PM**

The Accelerator Class- All is required for the class is a pilates mat but the class is limited to fifty people. There are seven different uses for this great equipment! Students will learn the weighted bar workout, resistance chord, and all the uses for the complete Accelerator. You'll be able to challenge your clients with a different Pilates workout. Joseph Pilates used a weighted bar with his clients to help them find their powerhouse and keep their work more balanced. Using the Accelerator will enhance your mat work and stimulate some of the exercises we do on the Pilates apparatus. The results are amazing. Everyone will be able to work out in the class/workshop. Mari is a certified Romana's Pilates teacher trainer. CEC: .2ACE, 1 Polestar. Staff: Mari Winsor

## **P265 - The Core Has Arms: Connect the Thoracic Spine with the Hands: 2:00-4:00PM**

Unique movement sequences on the mat with rotator discs bring experiential appreciation of how breathing informs the movement of the thoracic spine and the ribs. These proximal movements create the foundation for stability and mobility of the shoulder girdle, arms and hands. Learn movement sequences effective for clients with kyphosis, osteoporosis, forward head posture or repetitive strain. Learn movement sequences beneficial to clients who enjoy golf, tennis, squash, yoga and/or dance. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Elizabeth Larkam

## Saturday, Session 4

### **P267 - Advanced Pilates Mat Class: 4:30-5:30PM**

Mari will teach a classical Pilates mat as taught to her by Romana Kryzanowska. Staff: Mari Winsor

### **P268 - STOTT PILATES® Intense Sculpting Challenge - Flex-Band®, Level 4: 4:30-5:30PM**

Build challenge and diversity with this Level 4 Flex-Band® exerciser workshop. Learn how to challenge core and peripheral strength with the resistance provided by the Flex-Band® and increase exercise intensity in the areas of neuromuscular coordination, balance, strength and flexibility. This workout will offer exercise variations and options to motivate any group or private client. CECs: 0.2 STOTT PILATES  
Staff: Stott Pilates Faculty

### **P269 - Discovering Pure Classical Pilates: Book Review and Discussion: 4:30-5:30PM**

Discovering Pure Classical Pilates looks deeply into Joseph Pilates' traditional method of mental and physical conditioning by describing its foundations, goals, movement qualities and benefits. Specific attention is given to the ways in which market forces, individual creativity or ambition lead to deterioration and commercialization of the traditional Pilates method. This book harkens back in time to Joseph Pilates' own two books—Your Health (1934) and Return to Life Through Contrology (1945)—by exploring social, economic, psychological and spiritual issues associated with his traditional work. There is so much more to Discovering Pure Classical Pilates! Within this book, you will uncover the passionate and priceless treasures found only in the historically accurate technique as taught by traditionalists throughout the world.  
Staff: Peter Fiasca & Sandy Shimoda

### **P247 - BASI PILATES™ Extend your Pilates: Exploring the Hip Extensors; The Next Level: 4:30-5:30PM**

BASI PILATES™ Advanced Mat Class.

### **P271 - Matwork with the Fletcher Towel: 4:30-5:30PM**

This class begins with an introduction to basic Fletcher Towelwork® technique followed by an intermediate Pilates Mat class incorporating the Towelwork throughout to balance and stabilize the shoulder girdle, improve spinal articulation and provide oppositional ENERGY! Staff: Kristi Cooper-White

### **P272 - Piloxing Class: 4:30-5:30PM**

Join the new fitness craze, a dynamic mix between Pilates and Boxing and guaranteed to whip you into shape.  
Staff: Viveca Jensen

### **P273 - Bodyblade®: Circuit..Work It!: 4:30-5:30PM**

In this circuit class, you will use the Bodyblade in different functional movements to target every muscle group. You will learn how to train your body from the center out, using vibration and rapid contractions with the Bodyblade. Whether you are a personal trainer or a group exercise instructor this circuit class will give you new and different ways to train your clients. Staff: Connie Borho

### **P277 - Joseph Pilates By The Book: 4:30-5:30PM**

Experience the full mat workout as described by Joseph Pilates in his book, "Your Health." After the workout we will examine and discuss the differences of the versions described in his book, to some of various versions we teach today. This session will be one for the books! Staff: Michael Fritzke and Ton Voogt

**P283 - Pilates Synergy Flow: 4:30-5:30PM**

This unique class blends dance, high-intensity Pilates matwork with props, and standing resistance exercises for a full cardio and body sculpting workout! Designed by Yogilates creator Jonathan Urla, this innovative routine charges the metabolism with a mix of dance, body strengthening and lengthening, along with core stability and dynamic functional moves to improve coordination, balance, and agility. Be ready to sweat in this fun, advanced workout perfect for athletes and serious Pilates devotees. Staff: Jonathon Urla

**P284 - Pro-Roller Pilates Essentials: 4:30-5:30PM**

Incorporating the Pro-Roller with Pilates exercise creates additional awareness of how your body feels and moves, helping develop better posture and body symmetry, while challenging core strength and balance. The Pro-Roller is an excellent teaching tool, providing opportunities to playfully experience movement that targets strength and flexibility, and decreases muscle stress and tension. Staff: Angela Kneale

**P287 - The Eyes Have It - Mat with Rotator Discs: 4:30-5:30PM**

Learn unique movement sequences that develop your appreciation of the contribution that the gaze makes to movement. We will progress from non-weight bearing to partial, then full weight bearing and single leg balance on the rotator disc, guiding your organization by integrating the gaze with movement.

Staff: Elizabeth Larkam

**B288 - Turn Your Website into a Profit Center: 4:30-6:00PM**

Come learn why the internet is revolutionizing the way we provide health and wellness to the world. Learn how to leverage the power of the internet to grow your business with e-commerce and online marketing.

Staff: Rick Stollmeyer

**G276 - Gyrokinesis®: Off the stool: 4:30-6:00PM**

This class does not use the Gyrokinesis stools, and so sitting on the floor needs to be comfortable for you to participate. It incorporates all levels of Gyrokinesis. Open to all. Staff: Leda Franklin

**Y285 - Yamuna Foot Fitness: 4:30-6:00PM**

The feet provide essential support and balance for the rest of the body. You need to care for the feet like the rest of your body. Make them strong and healthy and they will take you where you want to go. You will learn routines to raise your arches, realign your ankles, avoid future foot problems and improve your workout. The YFF program is a simple, easy to use system that educates you on proper foot function, how to improve gait, alignment, prevent and correct common foot problems, and how to maintain strong, toned and flexible feet throughout your life. Open to all. Fee: \$55 materials fee or bring your own foot waker. Staff: Yamuna Zake

**G275 - GYROTONIC® LEVEL II: Spice Up Your Client's Workout!: 4:30-6:30PM**

Would you like to add some 'spice' to your client's private and semi private lessons? IN this workshop you will be introduced to the latest Gyrotonic Level II exercises, focusing on Program I. Pre-requisite: Gyrotonic Level I certified. CEC: 1 Polestar. Staff: Kathy Van Patten

**P274 - Shoulder Girdle and Reformer: 4:30-6:30PM**

The shoulder girdle is complex and challenging to teach and to improve student performance in Pilates. In this workshop you will rediscover the relationship of the shoulder girdle and arm work on the Reformer. This workshop will include basic anatomy, cuing and spinal mechanics applied specifically to the Reformer. This course will give you tools to access and teach all Reformer work with a view of the body as a comprehensive and integrated whole. (Franklin Method® Level I information will be introduced and referenced where applicable). CEC: .2ACE, 2PMA, 1 Polestar. Staff: Patricia Guyton

