



Presenting STOTT PILATES® Education in Dallas

Dates: Saturday, March 31, 2012 & Sunday, April 1, 2012

Facility: Premier Pilates Plus

Address: 4525 Lemmon Avenue, Suite 205, Dallas, Texas 75219

Website: <http://www.premierpilatesplus.net>

STOTT PILATES® presenter:

- Anneliese Wilson, STOTT PILATES® Lead Instructor Trainer

STOTT PILATES® workshops:

Saturday, March 31, 2012

- **Matwork Strength & Mobility**
Saturday, March 31, 2012: 8:00 AM - 10:00 AM
- **Reformer with Fitness Circle®**
Saturday, March 31, 2012: 10:15 AM - 12:15 PM
- **Functional Fitness Circle®**
Saturday, March 31, 2012: 1:00 PM - 3:00 PM
- **Athletic Core Conditioning on Cardio Tramp™**
Saturday, March 31, 2012: 3:15 PM - 5:15 PM

Sunday, April 1, 2012

- **Jumpboard Strength and Conditioning**
Sunday, April 1, 2012: 9:00 AM - 11:00 AM
- **Exploring the Arc Barrel**
Sunday, April 1, 2012: 11:15 AM - 1:15 PM
- **Reformer with Padded Platform Extender**
Sunday, April 1, 2012: 2:00 PM - 4:00 PM

Rate **BY** March 18, 2012: \$90.00 per STOTT PILATES® Workshop
Rate **AFTER** March 18, 2012: \$110.00 per STOTT PILATES® Workshop

Each STOTT PILATES® workshop qualifies for 0.2 STOTT PILATES® CECs
(Workshop descriptions are available on www.pilatessouthtexas.com)

Options to register for workshops:

1. Use the Online Scheduler on www.pilatessouthtexas.com
2. Submit Workshop Application to Pilates South Texas (*application available at www.pilatessouthtexas.com*)
3. Contact Pilates South Texas, www.pilatessouthtexas.com