



is for...

Take Time for, YOU!

Tackle your fears,

Tally your accomplishments,

Thank your supporters,

Treasure your health,

Transform your thoughts,

Toss your hat in the ring,

Train daily to love your body,

Try something NEW!

Team up for success!

Teach health by LIVING it!



WHY IT WORKS

Structure

T School is a proven method for losing weight fast. You'll learn how to exercise and eat for optimal fat loss. By setting clear, specific goals, tasks to achieve them, and deadlines, your plan becomes your pathway to success. A goal without a deadline is just an idea— and T School is all about RESULTS, not just wishful thinking.

Accountability

Your success is our #1 Priority, because if you don't look good, we don't look good. Your T school tools include regular assessments, coaching, and education to keep you focused, accountable and making progress. Our job as your coach is to remind you of why you started in the first place and make you happy you did.

Community Support

At Pilates 1901, we understand the power of community in helping our clients achieve their goals. That's why we know each one of our clients by name and champion their individual goals and successes.

And that support doesn't stop at our doors— your program includes weekly emails, peer support and our private FB community resource.

You're about to embark on a truly transformational experience— You are about to change the way you eat, move and feel in your body. You're about to feel and look incredible!

It's your time! Now let's get started!



school



● **12 WEEK**
TRANSFORMATION

T SCHOOL SYLLABUS & TUITION

6 T Training Workshops	\$240 value
4 T School Assessments	\$100 value
T School Manual, Journal	\$ 49 value
Cookbooks and resources	\$ 49 value
Private FB Community, recipes, updates & support	\$ Priceless
	\$438 value



Just \$249.00

** \$199.00 for 3X week Clients*



COURSE CALENDAR

Sat Jan 18th	Calling All Sugar Addicts FREE Wkshop 12:30 pm
Sat Jan 25th	Baseline Assessments Grocery Shopping Tour with Caleb Summers 12:30 pm @ Whole Foods
Mon Jan 27th	21 Day Jumpstart starts
Sat Feb 1st	Paleo Potluck & The Fat Loss Nutrit 12:30 pm
Sat Feb 15th	Assessment Updates Après Jumpstart Planning Workshop 12:30 pm
Wed Feb 19th	*Paleo Dinner Party Evolve Personal Chef <i>* additional fee</i>
Sat Mar 8th	Assessment Updates Refine & Define Wkshop 12:30 pm
Sat Mar 22nd	Assessment Updates
Sun Mar 23rd	Cooking with Spices Class at Evolve 5:00pm
Sat April 12th	Final Assessments and The Beauty Solution Jennifer Niehouse & Joseph Hall 1230pm
Sat Apr 19th	T School Awards and Potluck 1230 pm

Transformation is possible at any age. It begins with a decision.

