

Improve How You MOVE!

Enjoy a **Healthy, Active Life**, with the Pilates and Functional Fitness Programs at Bodhi Body Pilates. We're here to help YOU **maximize Whole-Body Health**.

Welcome to A NEW WORLD of Wellness... Where Focusing on YOUR Good HEALTH is our #1 Priority!

Whether you are a Fitness Enthusiast or Experiencing Health Challenges due to injury, accident, or for other reasons, it's important for both our mind and body that we take good care of ourselves. Not enough regular activity in your weekly wellness routine can happen when you're struggling to stay healthy. Sometimes, exercising can be overwhelming because you're not sure if what you're doing is helping your body or only making things worse. If you're an avid exerciser, or athlete – there's always the challenge of having the right cross-training activities built into your weekly workouts to keep the body in balance, avoid injury, and continue to improve your sports performance. Regardless of your age, ability, or current level of fitness, there IS Hope, and help to improve your Whole-Body Health.



Improve the Mind-Body Connection

Learning to **Listen and TRUST** how you feel to make smart and safe exercise choices can be a challenge. Knowing how to **pace yourself** and **pick the right exercises to maximize your Whole-Body Health** is what will ensure that you can lead a healthy and active life. The body learns new healthy movement habits through exercise. It's important to **connect Mind and Body To M.O.V.E** well; and having a Movement Mentor you trust makes it that much easier to get the results you want from your wellness program.

The only way to improve strength and flexibility is to M.O.V.E. because Muscles Only Value Exercise!

Centerworks® M.O.V.E.ment Systems

At Centerworks® and Bodhi Body Pilates Studio, we have more than 40 years of practical experience helping clients improve how they move. **Our focus is on helping YOU apply easy-to-learn concepts and exercises to the complexities of the human body in motion.** After all... **Exercise should improve your health, not hurt your body.** Our goal is helping you **connect the dots to improve your ability to find and activate the right muscles.** What you learn in the studio with Private Sessions, Group Training, and Workshops is detailed information that doesn't just apply to the exercises in the studio, but everything you do once you walk out the door. With time and practice, you will be able to **apply your Centerworks® M.O.V.E.ment training principles to your other fitness activities**, as well as **be inspired to practice better body support ALL day, every day**, with everything you do.

Progress at your own pace to Improve: Posture, Breathing, Body Awareness, Strength, & Flexibility.

Regardless of the activities you enjoy – the training systems and exercise strategies we will share with you can enhance ALL your workouts and daily life.

Discover simple ways to **fine-tune your fitness, reduce stress, increase energy, and help eliminate annoying aches & pain. Improve form & function to MOVE well. Reduce your risk of injury. Be Empowered to LIVE a Healthy and Active Life.**

Maintaining Optimal Health is a Journey, not a Destination...

If you're willing to put in the effort, the rewards are great. Discover the powerful training tools available at Bodhi Body Pilates Studio. I'd love to help you **discover the benefits of my Centerworks® M.O.V.E.ment Systems, Pilates, Foot Fitness, Fascia Stretching, and Functional Fitness Training Strategies** to help you **Improve how you MOVE** for a Healthy, Active Life.

I look forward to sharing my secrets to Wellness Success with YOU!



Call me (316) 530-3753 to get started at BODHI BODY with an Initial Consultation or Beginner Group Training Class. And Check out the resources below to help get you started...

Peace & Blessings,

Aliesa George, PMA-CPT
Founder of Centerworks®
Owner – BODHI BODY Pilates

Take my quick Posture Self-Assessment Quiz

- <http://www.centerworks.com/functional-movement/>

Check out this information-packed Foot Fitness Training Video for Runners & Walkers

- <http://www.centerworks.com/foot-fitness/>

Stay Connected for updates on Awesome Workshops™, Specialty Classes, and Events:

Please “like us” on Facebook

- <https://www.facebook.com/Bodhipilateswichita>
- <https://www.facebook.com/centerworks>

Sign-Up for Centerworks® Wellness Success eNews

- <http://www.centerworks.com/newsletter/>

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Group Training Classes



At BODHI BODY our Group Class programs are designed for BOTH beginner and experienced students and leveled to ensure that you are in a group that is working at a safe and appropriate pace for your Pilates skill level and experience. *Most Group Training classes are limited to a maximum of 6 participants to ensure you get the personalized attention your body deserves.*

Group Training	Class Fees <i>(effective January 1, 2018)</i>				
<i>(fees are per person/class)</i>	Drop-In	4 Class Pack	8 Class Pack	12 Class Pack	VIP <i>(per class)</i>
• 55 min. class	\$45	\$160	\$288	\$432	\$35
• 90 min. class	\$70	\$240	\$440	\$660	\$50
VIP Package	<i>Best Rates on ALL services</i> \$1,250		<i>Use your VIP Package for:</i> <i>Group Training, Privates, and Workshops</i>		
Beginners Pilates	8 Week Session	16 Classes	Payment Plan	VIP <i>(per class)</i>	
• 55 min. class	Class meets 2x week	\$560	\$288 x 2	\$30	

Group Training Class Schedule: <i>Effective January 1, 2019</i>			
DAY	TIME	CLASS	LEVEL
Mon/Wed	6:30pm	Group Pilates	Basic
Wed/Fri	5:30pm	Group Pilates	Basic-Int.
Tue/Th	NOON	Pilates PACE <i>(90 min)</i>	Advanced
Tue/Th	4:30pm	Group Pilates	Int.-Adv.

All Classes Taught by Aliesa George, PMA-CPT

2019 BEGINNER PILATES GROUP TRAINING: *(8-week Sessions, class meets 2 x each week.)*

TBD - Please contact us if you're interested in getting started

Awesome Workshops™ and Specialty Classes are offered on a variety of topics for both experienced Pilates clients and NEW Students periodically throughout the year. Check in the studio for upcoming special events, or Check online at www.BodhiBodyPilates.com or www.Centerworks.com

Like us on FACEBOOK: www.facebook.com/bodhipilateswichita & www.facebook.com/centerworks

Contact Aliesa@Centerworks.com Today to Reserve Your SPOT in Class! or Call (316) 530-3753



GROUP TRAINING CLASS DESCRIPTIONS

Beginner Pilates

(55 min. Class meets 2 days a week for an 8-week Session)

Discover what Pilates can do for YOU! The Beginner Pilates Program is designed for healthy individuals to work in a group class setting to **improve core support, increase strength, and enhance flexibility.** Classes meet twice a week for 8-weeks. Workouts will include Pilates exercises on the Mat, Reformer, Tower, and supplemental equipment as appropriate.



Group Pilates (55min) Class Levels: Basic-Int. | Intermediate | Int.-Adv. | Advanced

Group Pilates Training is designed for experienced students, familiar with beginner Pilates Matwork and Equipment exercises on the Reformer, Cadillac, Barrels and Chairs. Classes are leveled to ensure a safe and appropriate workout while continuing to progress your Pilates skills and improve strength, flexibility, fitness and your whole-body health. *(Experienced Students who did not start their Pilates training at Centerworks® / Bodhi Body will need to do an Initial Consultation prior to enrolling in Group Pilates Classes, to ensure you are placed in the appropriate level of class)*



Pilates PACE (90 min)

Enjoy a fast-paced 90-minute Advanced Pilates class with Aliesa!

For experienced, Advanced Level Pilates students *(with Instructor Approval)*. Classes will incorporate Matwork, Reformer, Cadillac, Chairs, Barrels, and more. Classical, Circuit-Style, Theme of the Day... Whatever happens, **you are always guaranteed a good workout!**

• **The Fine Print for Group Training** • Class Schedule is subject to Change. 24 hours' notice is required if you are unable to make a scheduled class or full fees will be charged. • *(If there are less than 4 participants pre-registered for a monthly class, remaining participants will have the option to keep the class time as a Private, Duet or Trio and pay the difference between Group Training fees, and the service charge.)* • All Group Class participation is by instructor approval. • Int. and Adv. students may opt to participate in Basic, or Beginner-Intermediate classes for review and fine-tuning, because regardless of your "level" you can always learn something new, and ultimately the most basic of Pilates exercises will always be challenging! • Check with Aliesa if you're interested in adding group classes to your training plan. • New to Pilates, start with Private Training, or our Beginner Pilates Program.

Take ACTION to Improve Your Whole-Body Health... Reserve Your SPOT in Class TODAY!

SERVICES & FEES, effective January 1, 2018

Drop-in, Package, or hassle-free VIP Pricing:

To Pay as you Play, select the Drop-In rate. For a discounted rate, purchase a Package of 4-8-12 sessions for Private and/or Group Training, or Enjoy the convenience of **VIP Package pricing**. VIP clients will always get the "best pricing" offered on all services, plus you won't have to take time away from your workouts to fuss with daily or monthly payments. We'll let you know when your account balance is low so you can refresh your Package. (Session Packages do not expire, use for the services that best fit your level/schedule.)



A Centerworks® Pilates Studio

BODHI BODY STUDIO - SERVICES & FEES					
Initial Consultation	<i>Initial 90 min. Private Consult with Aliesa George, PMA-CPT</i>				\$95
• VIP Package	<i>VIP = Best Pricing, All Services! Mix & Match services without purchasing separate packages for Privates, Duets, Trios, Group Training & Awesome Workshops™.</i>				\$1,250
PRIVATE	Drop-In	4-Pack	8-Pack	12-Pack	VIP (per class)
• 30 minute	\$70	\$270	\$520	\$780	\$60
• 55 minute	\$95	\$360	\$680	\$1020	\$80
• 90 minute	\$135	\$520	\$1000	\$1500	\$120
DUET (pricing per person)	Drop-In	4-Pack	8-Pack	12-Pack	VIP (per class)
• 55 minute	\$70	\$260	\$500	\$750	\$60
• 90 minute	\$105	\$400	\$760	\$1140	\$90
TRIO (pricing per person)	Drop-In	4-Pack	8-Pack	12-Pack	VIP (per class)
• 55 minute	\$70	\$260	\$480	\$720	\$55
• 90 minute	\$95	\$360	\$680	\$1020	\$80
SOLO Workout**	Drop-In	4-Pack	8-Pack	12-Pack	VIP (per class)
• 55 minute	\$40	\$120	\$200	\$300	\$20
Group Training Class	Drop-In	4-Pack	8-Pack	12-Pack	VIP (per class)
• 55 minute	\$45	\$160	\$288	\$432	\$35
• 90 minute	\$70	\$240	\$440	\$660	\$50
Beginners Pilates Class	8-Week Session		16 Classes	Payments	VIP (per class)
• 55 minute	class meets 2x week		\$560	\$288 x 2	\$30

All Training Sessions are BY Appointment. Private Training Sessions can be used for Pilates, Fascia Stretching, or Other specialized M.O.V.E.ment modality that is appropriate to help you meet your wellness goals. Payment of monthly training fees reserves your spot on the schedule. **Solo Workouts by Instructor approval only and must be scheduled in advance. VIP clients must also confirm Private and Group Training dates/times to save your spot in class. 24-hours' notice is required to avoid being charged in full for a missed session (ALL services).

***Please note:** If you early cancel a session, you may opt to re-schedule for a time that works. If you late cancel – and wish you reschedule, you will be billed for both the late cancel and the rescheduled session. If you have "standing" weekly appointments scheduled and miss 4 or more consecutive sessions, your time may be released and you will be placed on week-by-week appointment scheduling. No REFUNDS.

Please Call or TXT **(316) 734-5360**, or email Aliesa@Centerworks.com for any schedule changes.