




PILATES EXPO ARIZONA OCT 25-27TH 2024 • PILATES SPORTS CENTER 11TH ANNUAL EVENT

Time	8 AM	9 AM -12 PM	1-4 PM	4 PM	EVENING
FRIDAY Oct 25th	MASTER TRAINER DAY	MASTER TRAINER DAY	MASTER TRAINER DAY	MASTER TRAINER DAY MASTERMIND DAY / BUSINESS AND MARKETING	6 PM Pilates Sports Center Master Trainer Dinner RSVP pilatessportscenter@gmail.com
SATURDAY Oct 26th	Workout / 8AM Mat Class \$10 8 AM Reformer Class \$25 Promo code: EXPO10 Booking Link	Low Back Care Workshop Created By: Kelli Altounian and Andromeda Stevens, D.C. Learn the basics of low back care with your clients. Take home workbook will be helpful as soon as you return to your studio. Includes anatomy plus a take home workbook. Workshop signup: https://stan.store/PilatesSportsCenter	Pilates For Men Created By: Josh Smith - the inventor and co-star of the “Pilates For Men: 10-20-30 Challenge” videos and YouTube series. Learn how to tailor a Mat & Reformer workout to suit your male clients and build your male clientele, the fastest growing Pilates population. Includes a take home workbook. Workshop signup: https://stan.store/PilatesSportsCenter	Mini Workshop Queuing / Flow / Programming With Josh Smith 30 MIN	5 PM Pilates Sports Center Master Trainer Champagne Mixer RSVP: pilatessportscenter@gmail.com
SUNDAY Oct 27th	Workout / 8AM Mat Class \$10 8 AM Reformer Class \$25 Promo code: EXPO10 Booking Link	Shoulder Anatomy and Workshop (Common Problems) Created by Dr. Andromeda Stevens DC and Kelli Altounian. Covering “Common Problems” and injuries or ailments that trainers must handle with clients, how to recognize them, the common causes, what to avoid and what to focus on to assist in the client's recovery. Includes anatomy plus a take home workbook. Workshop signup: https://stan.store/PilatesSportsCenter	BOSU® on the Reformer Created By: Kelli Altounian & Emily Smith This is an advanced workout for the experienced client. Our intention is to explore new challenges, focus on balance, strength and stability utilizing classical and new exercises. Includes a take home workbook. Workshop signup: https://stan.store/PilatesSportsCenter		<p>LOCATED AT:</p> 

- REGISTRATION \$500 Sat/Sun OR 1 day only \$250 (Pilates Sports Center Master Trainers %50 off)
- REFUNDS: Cancel 7+ days prior = refund - \$20 admin fee. Cancel 7 days or less NO REFUND
- 16 CEC’s NCPT with full weekend registration
- REGISTER FOR EXPO: <https://stan.store/PilatesSportsCenter>
- REGISTER FOR 8 AM WORKOUTS - Mat /Reformer Class - Promo code: EXPO10 [Booking Link](#)
- LOCATION: Remedy North Central: 1219 E Glendale Ave., Suite 4, Phoenix, AZ 85020 linktr.ee/Remedypilatesandbarre
- CONTACT: PilatesSportsCenter.com INFO@PilatesSportsCenter.com
- VIRTUAL / LIVE STREAM OPTION! OR purchase recordings <https://pilatessportscenter.com/shop>



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