



# A Weekend Workshop

FEATURING

## Chris Robinson

### Pilates for Instructors

Chris Robinson, internationally respected Pilates instructor and personal mentor to owner/instructor Wendi Cunningham, is coming to PUREformance Pilates in Tempe Arizona for an amazing weekend of education, hard work and fun!

Using the PUREformance studio's all Gratz equipment, Chris will share with you his vast expertise, deepening your understanding of the core connection and enhancing your use of Contrology with knowledge and experiences that will immediately improve your technique, resulting in better form and better results. Instructors and students alike will benefit from this workshop.

Intended as a weekend of education and inspiration, there will also be a small event Friday and an early morning "Mat and Mimosas" Sunday.

- ▶ Class Size VERY Limited
- ▶ Preferential Pricing for entire weekend rate
- ▶ Private and Group Sessions Available
- ▶ Continuing Education

When: October 18-20, 2019

Where: 9030 South McClintock Dr., Suite 102  
Tempe, AZ 85284

Time: Sat: 12-2pm, 3-5pm,

Sun: 10-12pm, 1-3pm

Cost: Special 2 Day Pricing: \$300  
1 Day Only: \$175  
Group Classes: \$40 (max 8 students)  
Private Classes: \$150.00

# 602.377.0604

**GO TO [PUREFORMANCEPILATES.COM](http://PUREFORMANCEPILATES.COM) TODAY TO REGISTER AND INQUIRE ABOUT GROUP AND PRIVATE CLASS REGISTRATION. \*GROUP AND PRIVATE CLASSES NOT LIMITED TO INSTRUCTORS\* BUT SPACE IS VERY LIMITED. CLICK THE WORKSHOPS LINK AT [PUREFORMANCEPILATES.COM](http://PUREFORMANCEPILATES.COM)**