



## **OCTOBER 6-8, 2017**

### **WE ARE PLEASED TO BE HOSTING WORKSHOPS AND WORKOUTS ALL WEEKEND WITH LESLEY LOGAN**

**LESLEY LOGAN** is a PMA Certified Pilates Teacher and has been studying and teaching Joseph Pilates Classical Method since 2005. She also has eight years of retail management experience, and six years managing studios regionally for Equinox fitness clubs. Hooked after her first class, Lesley arranged her schedule to take Pilates classes every day. This enthusiasm moved her to Los Angeles, where Lesley completed a 600 hour Classical Pilates Teacher Training. Lesley completed a Masters Pilates Program from The Pilates Center in Boulder, CO, and trained elite marathon runners for Nutribullet's Los Angeles Marathon. She became the Lead Teacher Trainer for Equinox Pilates and led dozens of apprentices through their program. In 2013 Lesley was voted 'Best Pilates in Los Angeles' by Los Angeles Magazine, featured in Pilates Style Magazine, and can be seen on PilatesAnytime.com. Lesley completed "The Work," masters program taught by one of Joseph Pilates students, Jay Grimes. Lesley teaches in Los Angeles at Westwood Pilates, on Pilates Anytime.com and leads groups on Pilates retreats. She also offers online business courses for all Pilates instructors, studio owners and teacher trainers at, ProfitablePilates.com, where she has her book and hosts business webinars and one on one personalized coaching for you and your Pilates business.

#### **Weekend Schedule:**

#### **Friday 10/6 Schedule**

**10am-1pm Group and Private Workouts**

**2pm-5pm Group and Private Workouts**

#### **Saturday 10/7 Schedule**

**-10am Group Workout**

**-11am Group Workout**

**-1pm-3pm-**

**"First Time to Life Time"  
(2 PMA CECs)**

**-3:30pm-5:30pm-**

**"Working Outside the Frame"  
(2 PMA CECs)**

**-6:30pm to whenever-**

**Pilatini® Nights**

#### **Sunday 10/8 Schedule**

**-9am Group Workout**

**-10am Group Workout**

**-12:00pm-2:00pm-**

**"Never a Dull Moment -  
Teaching Your Schedule"  
(2 PMA CECs)**

**-2:30pm-4:30pm-**

**"Multi-Level Teaching"  
(2 PMA CEC)**

# The Weekend Details:

## Workshops with Lesley:

### **First-Time to LifeTime: "Lesley Logan and Profitable Pilates are bringing you a business workshop, "Converting First Time Clients."**

This workshop will cover different ways you can take a first time client to a regularly standing appointment. It will also dive into how to keep your clients consistent and discuss how to maintain clients from "getting bored" without having to create new exercises for them.

Imagine, a full schedule knowing when you are working and who you are working with, week after week. Imagine your clients growing stronger and you feeling inspired. (2 PMA CEC)

\$100.00

### **Never a Dull Moment- Teaching your Schedule**

There are only so many hours in the day and only so many hours you enjoy teaching! Teaching Pilates is a true gift of a career. Helping people connect to their bodies, feel better and get stronger is inspiring and invigorating. Training clients at times that you are not your best, teaching too many clients in one day, teaching an hour here, an hour there and then fitting one more client in is a recipe for draining you and can lead to burnout. This workshop is set up to help you design your ideal teaching schedule, how to fill it and how to get your clients to be on board! We will go over how to articulate when you are available and when you are not without letting you feel like you are saying "no" to money! Bring your schedules, your client lists, your worries and your wishes. We will fill those gaps and get you teaching when you want to teach. (2 PMA CEC)

\$100.00

### **Private Sessions with Lesley**

Maintaining that Pilates is a unique practice that is right for everybody, Lesley tailors these sessions for each person. Her goal is to help you connect your mind to your core, so that you will be taller and stronger than when you walked in the studio.

\$120.00

### **Group Workouts with Lesley**

These are limited to 3 people. Lesley will use the full studio to give you what your body needs. You will get to experience Lesley's expert teaching in a small group environment. You will work and love it.

\$65.00

### **Pilatini@Nights**

Pilatini@Nights include Pilates instructors, laughter, networking and a chance to connect outside the Pilates studio. Lesley Logan's Pilatini@Nights are all about Pilates Instructors ditching their Pilates pants for their favorite outfit and hanging out with other Pilates professionals. Grab your Pilates instructor friends, shed the luon and join us for a date night for Pilates Pro's only!

Free. Buy drinks and eats at Epicurean Café Duluth, GA [epicureancafeatl.com](http://epicureancafeatl.com)

## **Additional Workshops During the Weekend:**



Joel Crosby has 25 years of experience as a fitness and movement teacher/trainer and feels strongly that traditional fitness modalities have failed people. It is this motivation that lead him to the work of Joe Pilates. His ongoing pursuit is to teach Pilates the way Joe intended it. Joel has been teaching Pilates for 17 years and is passionate about re-educating as many people as possible how to move, exercise, and generate power correctly. He has always been an active mover. Joel was a competitive swimmer, has studied grappling and self-defense, practiced gymnastics, and is a competitive runner.

After teaching Pilates for 14 years Joel finally met and worked with first generation Pilates instructor Jay Grimes in 2013. This meeting put him on a course to learn even more about Joe's original work from Jay. Joel graduated from the highly selective master program "The Work" with Jay Grimes at Vintage Pilates in 2016.

The Vitality Method Pilates Studio was created by Joel in 2003. This busy dedicated Studio has been in its current location in Duluth, GA for 11 years. The studio is the hub for authentic classical Pilates in North East Metro Atlanta. In addition to teaching thousands of clients, Vitality Method Studio provides outstanding Classical Pilates Teacher Training and continuing education led by Joel. At Vitality Method Pilates, he strives to create a supportive community of Pilates teachers, from every training background, that are interested in a deeper study of Joe's work.

### **Workshops with Joel:**

#### **Working Outside the Frame**

Cadillac exercises outside of the apparatus. The standing exercises can give you a lot of information about the body in front of you. The exercises you will learn can challenge the strong, assist with correcting alignment and balance. These also make for a strong finish to a complete Pilates session. In this workshop, you will learn to get even more out of standing arm springs series, leg springs, roll down bar series, and push-through bar outside the frame. (2 PMA CECs)

\$100.00

#### **Multi-Level Teaching**

How can you teach a successful session to multiple people with various levels of experience? Teaching multiple level clients at the same time is challenging but it can be done successfully. Learn and practice key strategies in safely, effectively, and progressively teaching small groups of new and experienced clients simultaneously. You and your clients will feel empowered working the body and the brain. Learning this skill can increase class revenue. (2 PMA CEC)

\$100.00

**Packages:**

4 Workshops and 2 Group Workouts \$480.00 (includes quiet observation of other group workouts that day)

4 Workshops and 1 Group Workout \$440.00 (includes quiet observation of other group workouts that day)

4 Workshops \$380.00

2 Workshops \$190.00

**Call or go online to see the full weekend schedule:**

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Additional questions call Joel Crosby 678-925-3327