

FANTASTIC FEET

Foot Fitness Exercises to Strengthen Your Ankles, Arches, and Toes



Discover how much you can do to improve the health and fitness of your feet (and whole-body). Incorporate these simple, easy-to-learn Fantastic Feet exercises into your weekly workouts. Good health starts from the ground up.

When Saturday, November 12th. 9:30am-12:30pm

Where Pilates Performance & Rehab
5638 SW 29th, Suite A, Topeka, KS 66614
Questions? Contact Desima Dawdy at (785) 267-5896

Workshop Fees \$135 OR Refresher Course (repeat) \$97
(1st Time Attendee) www.paypal.me/centerworks/135
(Refresher/Repeat Attendee) www.paypal.me/centerworks/97

*Please note: participants will need a copy of the Fantastic Feet book and mini foot-fitness kit Combo (\$30+tax) to have the training tools needed for class. Please purchase in advance from Desima in the studio, or from Aliesa at the workshop. Refresher attendees don't forget to bring your foot toys to class!

PRESENTED BY • **Aliesa George** • PMA-CPT
ACE-Certified Personal Trainer • Level 4 Rossiter® Coach
• Mind-Body Mentor • BFA-Dance • 40 + years teaching, training, & coaching • Specializing in Pilates, Foot-Fitness, and Functional Movement to improve Whole-Body Health.

Contact Aliesa George, (316) 530-2280
Or email: Aliesa@Centerworks.com
Online at: www.Centerworks.com



Workshop Information

How Fit are Your Feet?

- Do you struggle with: **Plantar Fasciitis, Foot Cramps, Heel Pain, Ankle Sprains/Strains** or other foot issues?
- Have you been told you have **flat feet** or **high arches**?
- Are you dealing with foot pain from **Bunions, or Hammer Toes**?
- Or are you one of the lucky folks who have **healthy feet** and want to keep them that way...?
- **Improve your foot fitness**, reduce your risk of injury, and **enjoy a healthy and active life.**

SPACE IS LIMITED!

Pre-Registration by Nov. 1 is Requested to Reserve Your SPOT in Class

Payment of fees will reserve your spot for this workshop. **NO REFUNDS.** Cancellations up to 3 days before the scheduled event can apply the full credit to a future class or private training session with Aliesa, or a Centerworks® product purchase.

Reserve Your Spot TODAY!

REGISTER ONLINE

(1st Time Attendee)

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(Refresher/Repeat Attendee)

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