

# CENTERWORKS® AWESOME WORKSHOPS

## SHOULDER MECHANICS

Exercises to Target Shoulder Strength and Mobility



Discover how to increase **shoulder stability, strength, and mobility** without having to spend hours in the weight room lifting tons of heavy weights! Quickly and easily **tweak your technique** to **develop a strong, fit, and flexible upper body**. Gain **hands-on experience** with **easy-to-learn exercises and tips** you can quickly incorporate into your current fitness program!

**When** **Saturday, May 11th 10:00am-1:00pm**

(\*pre-requisite: Stress-Free Shoulders Workshop– March 30th)

### Workshop Fees

- 3-hour Shoulder Mechanics Workshop **\$135**
- Refresher Course - repeat attendance **\$97**

**Where** **BODHI**  **BODY**

**A Centerworks® Pilates Studio**  
**520 S. Holland, Suite #203, Wichita, KS 67209**

*Questions? Contact Aliesa at (316) 530-3753  
or message us on Facebook at Bodhi Body Pilates*

**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.

## Workshop Information

*Shoulder Mechanics* exercises can help you:

- Increase arm & shoulder strength
- Target your rotator cuff
- Improve shoulder stability & range of motion
- Reduce risk of injury
- Help you maintain good health and enjoy strong, fit, & flexible shoulders!

**SPACE IS LIMITED!**

**Pre-Registration is Required.**

*Payment of fees will reserve your spot for class. 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!**

**TO REGISTER**

**Call Aliesa George**  
**(316) 530-3753**

**Or [Aliesa@Centerworks.com](mailto:Aliesa@Centerworks.com)**