

Pilates for the mature client

WITH SHERI LONG



SATURDAY, DECEMBER 3, 2016

CORE FITNESS TRAINING

9:00 AM - 4:00 PM

SPACE IS LIMITED



Growing old does not have to mean giving up on an active lifestyle. Whether it's continuing to play tennis or golf or simply playing with grandchildren, today's elders do not easily relinquish the activities that have sustained them throughout their long lives. Pilates can keep the mature population active, but the instructors who deal with them need to understand the limitations of their elderly clients.

This workshop deals with the musculoskeletal issues, diseases and other physical changes that are common in the older population. You will learn modifications and variations to the original BASI repertoire and discuss the specific needs of this age group. By applying the correct tools, variations and precautions, you will be able to take your clients safely through a session that will assist them in maintaining an active quality of life.

By the end of this workshop you will have both the knowledge and the confidence to work with this wonderful population!



"Amazing workshop filled with practical and useful information."

- Samantha C.

"Sheri was a fabulous instructor full of applicable knowledge and enthusiasm. Best workshop ever."

- Megan Q.

SHERI LONG

Sheri Long is a proud Senior Faculty member of the Body Arts and Science, International (BASI) with an extensive background in dance, fitness, and health. She is honored to be teaching BASI Pilates around the world including locations in Europe, Asia, Australia, and throughout the United States.

Sheri's passion for the art of movement formed over 30 years ago as a professional dancer and teacher. Following many years of practicing Pilates with her mentor, Rael Isacowitz, Sheri began a journey to introduce others to the magic of the BASI work. As a BASI graduate, Sheri opened her own studio aptly named Longevity Pilates in El Segundo, California. Sheri is inspired by the past and encouraged by the future of Pilates, and the place BASI Pilates holds in the community.

REGISTER NOW

ENROLLMENT:

\$250

Contact BASI Academy for

Combo Rate: 1 (949) 574-1343

Register Online: www.basipilates.com

LOCATION

CORE FITNESS TRAINING

4430 HOLLISTER AVENUE
SANTA BARBARA, CA 93110

(805) 967-7770

CREFITNESSSB.COM

For more details about the location contact Darya Bronston at Core Fitness Training: dkb@annovium.com



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3080 BRISTOL STREET, SUITE 500, COSTA MESA, CA 92626 | WWW.BASIPILATES.COM

