

In-Spiraling Movement Arts

GYROTONIC®, GYROKINESIS®, Specialized Equipment, and Workshop Calendar

August 12, 2008

GYROTONIC® Level 1 Pre-Training Course

6 Day Course Total Price: \$950 Includes- Studio fee & Deposit: \$100

Dates: **October 24, 25, 26 and Oct 31, Nov 1 & 2, 2008**

Times: Fri: 2-7pm / Sat & Sun: 1-5pm

Taught by Louis Flores, certified GYROTONIC® Pre-trainer - \$850 balance due 1st day of course payable to Louis.

GYROTONIC® Level 1 Foundation Course (Pre-requisite: completion of **GYROTONIC®** Pre-training course)

12 day Course/Total Price: \$1,750.00 Includes - Studio fee/Deposit: \$500. Times: weekdays 2-7 / Sat 12-5 / Sun 10-3pm

Dates: **January 6-18th 2009** (day off Monday Jan 12th)

GYROTONIC® Supervised Apprentice Hours (Pre-requisite: **GYROTONIC®** Apprentice Certificate)

3 Day course Total Price: \$450 Studio fee /Deposit: \$150

Dates: **Sept 13-15th, 2008** Times: Sat: 12-5 / Sun 10-3pm / Mon: 2-7pm

GYROTONIC® Level 1 Certified & Pre-Trainer Update Course (Pre-requisite completion of Level 1)

3 Day course Total Price: \$500 Studio fee/Deposit: \$175 Times: Sat: 12-4 / Sun 10-3pm / Mon 2-6pm

Dates: **Sept 20-22, 2008**

GYROTONIC® Level 2 Pre-Training Course (Pre-requisite: **GYROTONIC®** Level 1)

3 Day course Total Price: \$500 (Studio fee \$100 /Deposit: \$100) Times:

Dates at **In-Spiraling TBA, 2008**

Dates: **TBA December, Phoenix, AZ 2008**

GYROKINESIS® L.1 Certified & Pre-Trainer Update Course (Pre-requisite L.1 Certificate)

3 Day course / Total Price: \$500 Includes - Studio fee / Deposit \$175

Dates: **Oct 25-27th, 2008** Times: Sat 1-5pm / Sun 10-2pm / Mon 10am-2pm

GYROKINESIS® Level 2 Beginner Course

6 Day Course Total Price: \$900 Studio fee: \$150 /Deposit: \$350.00 Times: Fri 2-6 / Sat 1-5 / Sun 1-5pm

Dates: **Nov 7-9 & 14-16th, 2008**

GYROKINESIS® Apprentice Review (Pre-Requisite: Completion of Foundation)

3 Day course Total Price: \$450 Includes - Studio fee / Deposit \$150

Times: Sat 1-5pm / Sun 10-2pm / Mon 10am-2pm

Dates: **Oct 18-20th, 2008**

GYROKINESIS® Level 1 Pre-Training (Pre-Requisite: attended minimum of 10 **GYROKINESIS®** classes)

6 Day Course Total Price: \$950 Includes- Studio fee & Deposit: \$100

Dates: **Oct 31, Nov 1 & 2 & Nov 14-16th, 2008**

Times: Fri: 10am-2pm / Sat & Sun 9am-1pm

Taught by Irene Pulli, certified GYROKINESIS® Pre-trainer - \$850 balance due 1st day of course payable to Irene.

GYROKINESIS® Level 1 Foundation Course (Pre-requisite: completion of **GYROKINESIS®** Pre-training course)

9 day Course / Total Price: \$1200.00 Includes - Studio fee /Deposit: \$400
Times: weekdays 2-6 / Sat 1-5 / Sun 10-2pm
Dates: **November 30-December 9th, 2008** (Day off Thurs. Dec 4th)

ARCHWAY Ladder Course: (Pre-requisite completion of Level 1)
6 Day Course, 6hrs per day Total Price: \$950 (includes studio fee: \$200) Deposit: \$300 Times: Weekdays:
10-1 & 2-5pm / Sat & Sundays 12-3 & 4-7pm
Dates: **September 23-28th, 2008**

JUMPING STRETCHING BOARD (Pre-requisite: GYROTONIC® Level 1)
6 Day course / Total Price: \$950 deposit: \$300(includes studio fee: \$200)
Times: Weekdays: 2-6/Sat 1-5/Sun 10-2pm
Dates: **November 18-23rd, 2008**

COURSES TBA 2008

GYROTONER®

4 Day Course Total Price: \$750.00 Includes - Studio fee/Deposit: \$200
Times: Sat 12-5/Sun 10-2pm/Mon & Tues: 2-6pm
Dates: **TBA Feb 2009**

Leg Extension Unit (Pre-Requisite: GYROTONIC® Level 1 Certificate)
5 Day course /Total Price: \$800 Studio fee /Deposit: \$150
Dates: **TBA, 2008**

“Floating Exercises” Workshop (Pre-requisite L.1 Certificate)
1 Day course / Total Price: \$175 Includes Studio fee / Deposit: \$100

Knee Rehab Workshop:
2 days course Dates: **TBA 2009**

Hip Rehab “Getting hip with GYROTONIC® Workshop
2 day course
Dates: **TBA 2009**

Scoliosis Workshop
2 day course
Dates: **TBA Fall 2009**

Contacts:

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All courses are conducted at In-Spiraling Movement Arts unless specified otherwise.

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