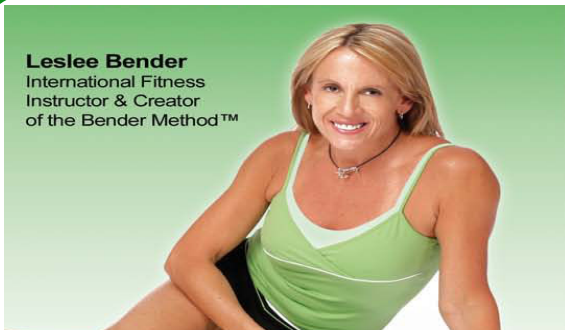


Bender Systems™ Training EDUCATIONS & EVENTS 2010

Leslee Bender
International Fitness
Instructor & Creator
of the Bender Method™



EDUCATION IS KEY

- Increase your knowledge of Pilates and Functional Training
- Consistency builds better foundations
- Train with leaders of the industry
- Bender Training is recognized by ACE and AFAA

July 2010

- 24-25 Mat 1
The Pilates Coach
Reno, NV
Leslee Bender
- 29-8/1 SCW Atlanta Mania
Pilates Fundamentals
Bender Method of Save
Your Back and
Strengthen your Core
Bender Ball Boot Camp,
Healthy Back, Chi Bol-
ster, Intrinsic Core
Leslee Bender

August 2010

- 4-6 World IDEA
Los Angeles, CA
Chi Bolster Sessions, Functional
Pilates, Mat
Leslee Bender
- 7-8 DCAC Mark Center
Alexandria
Strong Healthy Back with Lawrence
Biscontinini, Chi Bolster Session, Men
on Mats, Healthy Back
- 12- Can Fit Pro
Toronto
Bender Method Foundations
Leslee Bender
- 20-22 AAI
Cape Code
Bender Method Foundations
Power Systems Reform Bar Sessions
Bender Ball Sessions
Leslee Bender
- 25-29 SCW
Dallas Mania
Leslee Bender

September 2010

- 10-12 Mat 1 & 2
Campus Recreation &
Intramurals
Statesboro, GA
Leslee Bender
- 17-18 Fit Fest
Los Gatos, CA
Leslee Bender
- 23-25 Achieve Fitness
Las Vegas

October 2010

- 1-3 AAI
SCW
Leslee Bender
- 7-11 Midwest Mania
Chicago
Leslee Bender
- 15-16 Fit Fest
Denver, CO
Leslee Bender
- 22-23 AFPA
Leslee Bender
- 30 Reformer 1
Monterey, Mexico
Leslee Bender

November 2010

- 11-13 Boston Mania
Leslee Bender
- 21-29 Cyprus
Leslee Bender

TO REGISTER FOR BENDERS SYSTEMS TRAINING, REFORMER AND MAT EDUCATIONS CALL
JOJO AT: 775-324-3224 jojo@thepilatescoach.com

Bender Training Systems

Bender Training has the approach that everyone should have the experience of Pilates training and not just a certain population. Our style of training is progressive for all types of trainers. Our testimonials from fitness professionals, physical therapists, and health club owners speak for themselves.

- Our programs offer benefits that fit a multitude of needs:
- Worldwide recognition and training site
- Trainers with diverse and professional backgrounds in fitness and rehabilitation
- Programs that can be customized to fit a trainer's needs
- Instruction with equipment from any manufacturer
- Accreditation of all programs by ACE and AFAA

Manuals in a variety of languages

Programs include marketing techniques to help promote a successful business. Our programs provide a solid foundation for new trainers and enhance the careers of experienced professionals. Our programs are affordable and we offer exclusivity discounts.

Why Choose Bender Training Systems?

Our method is the safest for the Fitness population. Bender Training Systems was formed by a team of experts in the fitness and rehabilitation industries. Bender Training emphasis is functional anatomy, core stabilization, postural analysis, and correct biomechanics for all levels of trainers. By offering solid education to fitness professionals, one can expand their knowledge in core stabilization, flexibility, and strength that applies to all other training programs. Our philosophy is the only one that considers the background of personal trainers and group fitness professionals, both of which are always looking for new educations and new ideas that they can take directly to their students. Bender Training has educated hundreds of professionals internationally and they have benefited greatly from the programs.

What Makes Us Different

Unlike most educations, we have analyzed all of the movements in Pilates training and designed an inclusive program that incorporates the needs of all people ranging from severely de-conditioned to the professional athlete. It is our mission to provide the most comprehensive education to fitness professionals who desire to teach the ultimate safe and effective Pilates program possible for the general population. Bender Training is recognized by ACE and AFAA.

Bender Training Systems 460 California Ave, Second Floor, Reno, Nevada 89509
To register for Bender Systems Training Please Contact Dana at 775-846-7215 dana@bendertraining.com
To register for Reformer/Mat classes please call JoJo 775.324.3224 jojo@thepilatescoach.com
fax: 775.324.4845