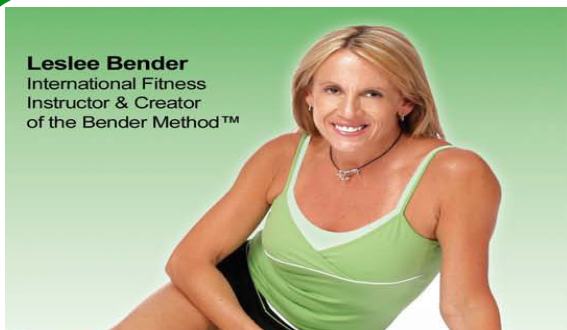


Bender Systems™ Training EDUCATIONS & EVENTS 2010

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

November 2010

6&7 Reformer 2, Chair/Tower
The Pilates Coach
Reno, NV
Leslee Bender

11-13 Boston Mania
Leslee Bender

21-29 Cyprus
Leslee Bender

December 2010

8-12 Tri-Health
Cincinnati, OH
Mat 1, Ref 1, Ref 2
Leslee Bender

TO REGISTER FOR BENDERS METHOD TRAINING, REFORMER AND MAT EDUCATIONS CALL
JOJO AT: 775-846-7215 or email info@bendertraining.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