

PILOXING®

Being On The Cutting Edge Of Fitness Is Good For Business!

LA EXPO JAN 28TH AND 29TH 2012

Come try a 1 hour class with PILOXING Creator Viveca Jensen

Saturday 8am or Sunday 1pm

PILOXING® is a fresh new workout that makes going to the gym fun again

PILOXING is the first program that blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing and the fun and sensuality of dance into a high energy interval workout. **PILOXING students transform into tough and agile boxers, graceful ballerinas and hip street dancers all in one class.** The fusion of these disciplines (Pilates, boxing and dance) keep the classes feeling new and fun but are all rooted in core centered technique and therefore complement each other perfectly. At the core of PILOXING is the principle that feminine is powerful and it aims for women to attain a **sleek, sexy and powerful self-image.**

This new workout was designed for students of all fitness levels and is also attracting die hard followers including Hollywood celebrities and international stars. PILOXING has been featured on TV shows such as ET! and The Insider and in magazines including Shape, Fitness Magazine, Redbook, Elle, Vogue, Harpers Bazaar, OK!, People, and US Weekly.

PILOXING is Cutting Edge

PILOXING is so effective because it is based on the most current science in fitness and weight loss. PILOXING classes are structured into an **interval format** because the most recent studies show that interval training burns the most calories and is the most effective method of improving cardiovascular health. The PILOXING program also encourages **barefoot training** because researchers have found that by simply taking our shoes off while we workout we can vastly improve posture, balance stamina and prevent injuries.

PILOXING Instructor Training Level One

To teach PILOXING you must complete the 8- hour hands-on workshop intensive where you'll learn the training methodology, concepts, principles and moves that make PILOXING such an effective, in-demand program. We will provide you with all the tools and resources you will need to successfully teach a full-length PILOXING Level One class.

All Attendees Receive:

- **PILOXING Specialty Certificate of Completion**
- **PILOXING Instructional DVD**
- **PILOXING Instructor Training Manual**
- **PILOXING Gloves**
- **AFAA Trainers receive 6.25 CEU's**

The PILOXING Instructor Association (PIA) Allows Every Instructor to be a Star by Providing Constant Support and Development.

PIA members are a close community in constant contact with the creator of PILOXING and each other. **Members receive continuing education, quarterly new choreography, quarterly Piloxing Music, marketing materials, teaching techniques, professional development tools and much more.**

No Cost to Health Clubs

The PILOXING program does not charge any licensing fees to health clubs and fitness facilities. Instead, through the PILOXING Instructor Association (PIA), we educate and support committed and professional instructors and provide them with all of the tools and resources they need to teach and market the PILOXING program.

The PILOXING program devotes a lot of time, energy and money to teaching marketing techniques to its instructors and on marketing and media campaigns all of which are aimed to keep your classes packed. Also, when you hire a PILOXING instructor who is a member of PIA or one of your instructors joins PIA **we will list your facility name and address on our website thereby driving new traffic to your facility.** Therefore, health clubs do not need to spend any money on licensing fees or marketing.

Furthermore, the PILOXING program does not require any new equipment. Although many PILOXING students choose to use the PILOXING weighted gloves to enhance their experience in class they are not required and the program is very effective without gloves. Should your members decide that they want to purchase PILOXING gloves they are available for purchase from instructors who are members of PIA or our website.

The PILOXING Academy

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