



**YOUR ITINERARY AT A GLANCE! MARK THESE DATES AND TIMES ON YOUR CALENDAR NOW!**  
**PLEASE NOTE THE TIME ZONE IF YOU ARE ATTENDING VIRTUAL AND PLAN TO BE LIVE**

DATE	TIME	MODULE	LOCATION	MECHANICS/MVMT
March 12th	9:00 – 1:00 <span style="background-color: yellow;">PT</span>	FIND CENTER	<a href="#">BLUE MOON</a> Mission Viejo, CA	NORA/ERIKA
June 11th	9:00 – 1:00 <span style="background-color: yellow;">CT</span>	WITHIN REACH	<a href="#">416 PILATES</a> Chicago, IL	NORA/NICO
September 10th	9:00 – 1:00 <span style="background-color: yellow;">ET</span>	MAINTAIN POWER	<a href="#">LONGEVITY CLUB</a> Charleston, SC	NORA/ERIKA
December 10th	9:00 – 1:00 <span style="background-color: yellow;">PT</span>	INTEGRATE AS ONE	<a href="#">EHS PILATES</a> San Francisco, CA	NORA/NICO/ERIKA

**VIRTUAL ATTENDEES & RECORDINGS:** For each of these modules, Zoom links are provided 24 hours in advance of each session with the PowerPoint and will be sent via email. Please access the Course Curriculum area for all details and course materials as they will also duplicate inside each module once complete. The downloadable materials and module recording will remain housed inside the Mechanics Meets *MVMT* course on LevelUpMVMT.com, and you have access to these for 6 months after purchasing this course. Videos and recordings will load into the course within 48 hours for review upon the conclusion of each session.

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