



REFORM & RESTORE PILATES

April 2025 Newsletter



New Client Special: Limited-Time Offer!

Are you new to Reform and Restore Pilates? We've got an incredible deal just for you!

3 Group Reformer Classes for only \$45!

This introductory package is perfect for beginners or anyone curious about trying reformer Pilates. Here's what you need to know:

- Classes must be used within two weeks of purchase.
- Available exclusively for new clients.

This is the perfect opportunity to experience the benefits of Pilates firsthand—improved posture, core strength, and flexibility await! Don't miss out on this special offer; sign up today and start your journey toward a stronger, healthier you.

A Special Shoutout to Our New Unlimited Members!

We want to extend a warm welcome to all our new members who have joined our Unlimited Membership program!

Your commitment to your fitness journey is inspiring, and we're honored to be part of it. Thank you for choosing Reform and Restore Pilates as your go-to studio for achieving your wellness goals. We look forward to seeing you in class!



New 6 AM Athletic Reformer Class

We're thrilled to announce the addition of a 6 AM Athletic Reformer class to our schedule Tuesday and Thursday!

This early-morning session is perfect for those looking to kickstart their day with a dynamic and energizing workout. What is the Athletic Reformer Class?

This class is designed for clients who have completed our Foundations Class and are ready to take their Pilates practice to the next level. You'll build strength, improve flexibility, and enhance your overall fitness while mastering the reformer equipment confidently and safely.

Whether you're an early riser or simply looking for a new way to fit Pilates into your busy schedule, this class is ideal. Reserve your spot now and start your mornings strong!



The Barre Fusion Class Is Growing!



Our Barre Fusion class continues to gain popularity, and it's no surprise why! This unique workout combines elements of Pilates, barre, and resistance training into one dynamic session that challenges both your body and mind.

Why Try Barre Fusion?

Here are just a few reasons why you should give it a try:

- **Strength:** High-repetition, low-weight exercises target every muscle group for a full-body workout.
- **Endurance:** Pulsing movements build stamina over time.
- **Mind-Body Connection:** Isolated movements help you focus on form and precision.
- **Flexibility & Posture:** Improve your range of motion while promoting better alignment.

Tips for Beginners:

- Start with 3 lb weights before progressing to heavier options.
- Embrace the shake—it's a sign that your muscles are working hard!

Join us in this transformative class that's open to all fitness levels. Whether you're new or experienced, Barre Fusion will leave you feeling stronger, more flexible, and energized!

Tips for Maximizing Your Pilates Reformer Experience

Tips for Getting the Most Out of Your Pilates Sessions:

1. **Consistency is Key:** Aim to practice Pilates 2-3 times a week for beginners, increasing frequency as you progress.
2. **Listen to Your Body:** Rest when needed, especially after intense sessions.
3. **Focus on Form:** Proper alignment is crucial for safety and effectiveness.
4. **Stay Hydrated:** Drink plenty of water before, during, and after classes.

Community Spotlight:

We love seeing our members connect and support each other! Share your favorite moments or tips from class on social media and tag us. Let's build a stronger, more supportive community together! Thank you again for choosing Reform and Restore Pilates. *We're honored to be your partner in wellness!*

Stay Connected & Support Us!

Download Our App: Enhance your fitness journey with our app! Access personalized workout routines, track your progress, and stay updated on studio news. Plus, it's a great way to book classes on the go!

Leave a Google Review: We love hearing about your experiences at Reform and Restore Pilates. Your feedback helps us grow and improve. Take a moment to share your thoughts and help others discover the benefits of our studio.

Follow us on social media for updates, tips, and inspiration:

- **Instagram:** @reform.restore.pilates
- **Facebook:** Reform & Restore Pilates Studio

And...Happy Spring!