



# REFORM AND RESTORE PILATES

# NEWSLETTER

## New Unlimited Membership

Whether you're a seasoned Pilates enthusiast or just starting your journey, our Reformer classes are designed to cater to your needs and enhance your practice. With a wide variety of class times and styles available, you can explore everything from foundational techniques to advanced workouts.

We are excited to announce the launch of our new Unlimited Membership for Reformer classes at Reform and Restore Pilates Studio! 🎉

\$229 per month

Prepare to stretch, strengthen, and enhance your fitness journey with the flexibility to attend as many classes as you desire—limited to one class per day. 🌟 However, please note a small stipulation: if you reserve a class and fail to attend, a \$15 fee will be applied to ensure accountability and allow all members the opportunity to participate. Don't miss out on this exceptional opportunity—let's elevate your Reformer Pilates experience and achieve your wellness goals together! As with all our memberships, a 3-month commitment is required after which the membership will continue to renew on a month to month basis.

Join us in the studio and become part of our vibrant community, where motivation and camaraderie thrive. 💪🧘





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## FEBRUARY HIGHLIGHTS

### **Valentine's Day Couples Reformer Class**

This is the perfect class for a fun and intimate Valentine's Day experience. Focusing on building strength, flexibility, and enhancing your emotional bond through shared movement. Three class have been added to the schedule on Friday, February 14th. Each participant will receive a beautiful cupcake to enjoy after class.



### **Featured Class This Month Arms, Abs & Inner Thighs**

This month's featured class combines targeted exercises to strengthen and tone these key areas. Book your spot today through our new app!

### **This class is being offered**

Monday 9am

Tuesday 7am

Wednesday 8am

Thursday 7am

### **Download Our Exciting New App**

We are excited to introduce the Reform and Restore Pilates app! Now accessible on both iOS and Android, our app simplifies class bookings, allows you to track your progress, and helps you stay connected with our community. Download it today to unlock exclusive content and enhance your Reformer Pilates journey.