

JANUARY 2025

REFORM AND RESTORE PILATES NEWSLETTER

Happy New Year 2025!

NEW YEAR, NEW WAYS TO CONNECT AT REFORM AND RESTORE PILATES! AS WE EMBRACE 2025, WE'RE THRILLED TO SHARE EXCITING DEVELOPMENTS THAT WILL ENHANCE YOUR PILATES JOURNEY.

January Highlights

Download Our New App!

We're thrilled to announce the launch of the Reform and Restore Pilates app! Now available on both iOS and Android, our app makes booking classes, tracking your progress, and staying connected with our community easier than ever. Download it today to access exclusive content and streamline your Reformer Pilates experience.

Health & Wellness Expo January 11 & 12

Mark your calendars for an upcoming Expo at the Common Ground, where wellness meets community. Join us for demonstrations, health screenings, and expert advice. Reform and Restore will see you there!

Elements Boutique in Medina - Jan 20th

Reform and Restore Pilates Studio will be participating in the gift bag give away! Private event, hosted by Elements Medina. Check them out on Facebook.



Greta Weeks, MS, CSCS
Owner of Reform and Restore
Pilates Studio in Medina, Ohio

REFORM AND RESTORE PILATES

Happy New Year 2025!



Arms, Abs & Inner Thighs Class!

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

INCLEMENT WEATHER INFO

If your class is canceled due to inclement weather you will get an email notification. The credit used to book the canceled class will be added back to your account.

