



MARCH 2025

REFORM AND RESTORE PILATES

NEWSLETTER

MARCH HIGHLIGHTS



RACHEL TOROWSKI-NEWBOULD

New Client Special

New clients can create an account, make their purchase for \$45, then book 3 group Reformer Pilates classes. The suggested bookings for a new client would be Intro To Reformer, a Foundations class, and then give the Stretch and Restore Reformer class a try. This credit pack must be used within 2 weeks after purchase. New clients only.

Limit one per person.

New Instructor

We are pleased to welcome Rachel Torowski-Newbould to Reform and Restore Pilates as a new Reformer Pilates instructor.

Rachel is a Certified Mat and Reformer Pilates Instructor with a Bachelors of the Arts in Dance in Community from Cleveland State University. She combines classical and contemporary pilates, with her passion and knowledge of dance to create classes that focus on your mind body connection, proper technique, and getting a good workout in! You can find Rachel on the schedule instructing Wednesday evening classes. We are so excited you have joined our team. With your experience, you are going to be a great addition. Welcome!



REFORM AND RESTORE PILATES



Featured Class This Month Reformer Barre Fusion

This month's featured class combines the principles of barre and fuses them into a total body workout on the reformer. The jumpboard, glider discs, and other props are used to create a powerful Reformer Pilates/Barre fusion experience. Book your spot today through our new app!

This class is being offered

Monday 9am

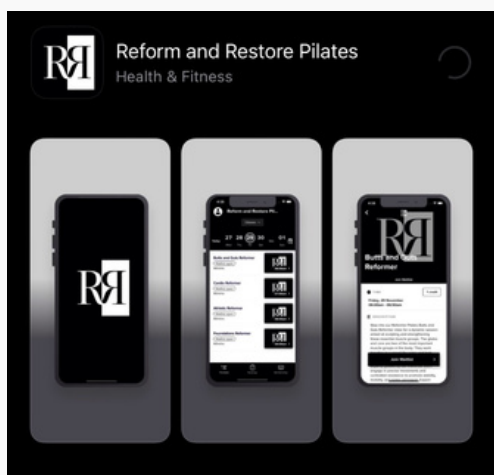
Tuesday 7am

Wednesday 8am

Thursday 7am



Reform and Restore Pilates is happy to announce that we now have a total of #7 beautiful Allegro 2 Reformers designed by Balanced Body.



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.

