



REFORM & RESTORE PILATES

MAY 2025 Newsletter

One Year of Reforming Bodies and Restoring Spirits – Thank You, Medina!

Come celebrate with us the 1st week of June

Celebrate with Reform and Restore Pilates as we mark our 1st Anniversary the first week of June 2025!

Members, come pick up your gift bag when you book a class that week beginning Monday June 2 thru June 7!

Join us in Medina's premier Pilates Reformer studio for a week full of excitement, prizes, and free giveaways. Whether you're a seasoned Pilates enthusiast or just starting your wellness journey, this milestone is the perfect time to experience our personalized, low-impact workouts designed to reform your body and restore your spirit. Don't miss out on the fun, community connection, and special surprises we have in store—let's celebrate health, strength, and transformation together!



Thank you all from the bottom of my heart for an incredible first year at Reform & Restore Pilates!



Your support, dedication, and energy have truly made this journey unforgettable, and I'm beyond excited to keep growing stronger together!

Greta Weeks MS, CSCS

*Owner, Reform and Restore Pilates
reformandrestorepilates.com*



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!

Don't forget! Come celebrate with us the first week of June!

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