



December

Personal Pilates Plus Newsletter

Join Heidi/Emily

Mat Pilates

Virtual and In Person
Saturday 8:30 AM



Pilates mat is a non-spring based Pilates training practice that can be done on a mat, meaning, no reformer or other equipment is needed. In this class, you hold and move through movements like planks, side planks, and core exercises to build your muscle groups and core strength. In some mat classes, you can use props, such as, bands, exercise balls, small weights, foam rollers, the magic ring and others to help level up your Pilates experience.

MEET CAELLAIGH

**FLOW + RESTORE
TUESDAY
6:45 PM**

Half slow flow, half deep restorative stretch. You will warm up the body and then relax & unwind

Reminder

We offer Package Sharing. Grab a couple of friends or accountability partners and pay as little as \$19 a class(reformer). You can share a package with up to 2 other people. Reach out to Katie for more info



We would love to hear how classes are going and your experience at the studio. Share your review on Google.



We will be Closed on
Christmas Day

HAPPY
HOLIDAYS

Wishing you a very
Happy Holiday
Season!



GIFT CARD



Gift Card

'Tis the season for gifting. Personal Pilates Plus gift cards are great for everyone on your list. Receive a \$10 credit with every \$100 Gift Card purchase.