

Celebrate Pilates All Month Long

With Defining You Pilates & Fitness

National Pilates Day is Saturday, May 6 and we love Pilates so much that we're celebrating the entire month of May!

30 Days of Pilates Challenge

Starting on Monday, May 1, we're kicking off our Pilates Challenge! It's pretty simple, you just commit to doing Pilates for 30 days at home or in the studio!

There will be a white board in the studio where you can sign-up and keep track of your progress. The 30 Days of Pilates Challenge will run from Monday, May 1 through Tuesday, May 30

Challenge Giveaways and Prizes

Everyone who participates, and completes at least 15 days of Pilates, will win a t-shirt. And the 3 people who attend the most studio Pilates classes will win:

1st Place: 1 Free Private Pilates Session with Molly and 2 Free Equipment Classes

2nd Place: 1 Free Private Pilates Session with Jennifer

3rd Place: Pilates Goodies Gift Basket

Pilates Motivation

We know that 30 days can seem like a long time and you may not know where to start with your at home workouts. That's why we've committed to providing plenty of inspiration and motivation throughout the challenge!

There will be handouts available in the studio and check out our Facebook and Instagram for inspiration and motivation from our instructors and more!

In 10 sessions you'll feel the difference, in 20 you'll see the difference, and in 30 you'll have a new body. Joseph Pilates



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Pilates Day Studio Celebration

Join us on Saturday, May 6 for our in-studio Pilates Day Celebration. We're offering a full morning of amazing classes with ALL of our instructors And some great promotions.

Pilates Day Class Schedule

- 7:30-8:15am: Mat Pilates with Suzy
- 8:30-9:30am: Reformer 1 with Suzy
- 8:30-9:30am: Free Spine Corrector with Molly
- 9:40-10:10am: Free Pilates Jump Board with Michelle
- 10:15-10:45am: Free Pilates Jump Board with Jennifer
- 11:00-11:45am: Free Pilates Equipment Circuit with Molly, Michelle, and Jennifer
- 11:00-11:45am: Free Pilates Tower with Suzy
- 12:00-1:00pm Free Mat-a-Palooza with All Instructors



Space is limited! Reserve your spot online at [DefiningYouFitness.com](https://www.DefiningYouFitness.com)

Pilates Day Specials

Throughout the day we'll feature a drawing for Pilates Goodies (think toe socks, reformer loops, etc. And to help ensure you can make your 30 days of Pilates challenge we'll be offering the following special pricing*:

- 10% off ALL Pilates Equipment Class Packages, and Private and Semi-Private Training Classes
- 15% off Private Pilates Training Package with our newest trainers on staff - Michelle and Jennifer (limit 1 package)

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