

PILATES CHALLENGE NEWSLETTER



NOVEMBER 2016

New This Month

- Welcome Cara, our newest instructor!
- November and December class schedule is out!
- Black Friday comes to Pilates Challenge!



Introducing Cara!

Pilates Challenge has a new instructor in town: Cara! With a background in injury rehabilitation and professional athletic training, she could be exactly the instructor you're looking for!

To welcome her to the studio, all sessions with Cara in November are 15% off! See front desk for details.



Class Schedules

Pick up a copy of our November and December class schedule today!

20% off Group Classes

Black Friday Weekend!

Enjoy Black Friday deals on all group classes held November 25th through 27th .



**Pilates
Challenge**

**BLACK
FRIDAY
WEEKEND**

Strengthen your body

Focus your mind

Challenge your spirit

Discounts not applicable to package purchases

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