

Omnipilates

REFER A FRIEND RECEIVE A SESSION FREE*

*JANUARY DEAL

Refer a friend and receive one of your sessions on the house! These friends must:

- Take and Introductory Session and
- Buy a Beginner Course or Package

Limit to 5 sessions, feel free to invite more than 5



YOGA IS BACK!

This month our yoga classes will be on the 13th and 20th. Book online or in person!

More with our new instructor, Nishita Shah - she leads different types of meditation practices. There will be offerings in the near future, so if you have any specific needs or questions, please let us know!

WELCOME OUR APPRENTICE

We have a new apprentice! Her name is Hannah Greenberg and she is a graduate student at Texas Tech.

You may see her floating around doing observations. If there are times when you are not interested in being observed, just let us know! Give her a hello or a high five when you do see her.

ALSO HAPPENING:

COMMUNITY OUTREACH

Haven't you always wanted a healthy alternative to happy hour? We have a solution! Join a Pilates class where the goal is to network with others around your community.

This is perfect for young professionals, entrepreneurs, government officials, long standing community members, and all professions in between! Apply [here](#).

We will gift you one class per week for 6 weeks with your fellow community members. January 30th is the deadline for the first group. January 31st, we will contact the applicants selected, then February workouts begin!

There will be three groups this year:

1. February 5 – March 1
2. April 2 – May 11
3. September 10 – October 19

Contact Alex with questions at 806-701-5444 or omnipilates@outlook.com.

*not available for current clients, but these will count toward your referrals!

