

Omnipilates

REFER A FRIEND RECEIVE A SESSION FREE

DEAL OF THE MONTH

Attend 3 group sessions within two weeks receive a free private with an apprentice! Book with us.

YOGA, YOGA, YOGA

This month our yoga classes will be:

Saturday (Essential Yoga) 3
 Saturday (Essential Yoga) 10
 Saturday (Essential Yoga) 17

Book online or in person!

MEDITATE AND BREATHE

This month we will have Mediation Class led by Nishita, Thursday, March 29 at 6:15-6:45pm.

Meditation is also available on a private and small group basis as well.

Let us know if we can fill your need as a corporate wellness program or for someone in your family!

HAPPY ST. PATRICK'S DAY!

Join in our Pot of Gold special and receive 25% off any retail item. No limit and no minimum, get 'em while they're hot!

WELCOME JULIA!

Our newest apprentice is hard at work starting her road to a Pilates Certification. Give her a high five next time you see her!

ALSO HAPPENING:

COMMUNITY OUTREACH

Our first session kicked off with a bang and we have had great people join us! Our second and third session still have space available. Details below. *not available for current clients, but these will count toward your referrals! Contact Alex with questions at 806-701-5444 or omnipilates@outlook.com.

Apply [here](#).

We will gift you one class per week for 6 weeks with your fellow community members.

Session 2 will be on Thursday's at 12:00pm
 Session 3 is still TBD

VIDEO SERIES ON FACEBOOK

Have you heard or seen our weekly video installments we have on Facebook? Join us every Monday at 1pm CST for a 10-20 minute video on different exercises/stretches you can do to join in the #marchMATness2018 fun!