

Omnipilates

REFER A FRIEND RECEIVE A SESSION FREE

YOGA, YOGA, YOGA

This month our yoga classes will be:

Saturday (Essential Yoga) 14

All other sessions will be announced

Book online or in person!

BURKLEE HILL VINEYARDS WINE, FOOD, AND PILATES

On April 18th, and 6:15 we will co—host an event with our friends at Burklee Hill Vineyards. We will primarily be sampling wines along with enjoying tasty hors d'oeuvres!

If you are feeling ambitious we will have a workout before hand starting at 5:30pm at an exclusive rate for this event.

WELCOME YULITZA!

Our newest apprentice, a Tech Student aspiring to go to medical school is hard at work starting her road to a Pilates Certification. Give her a high five next time you see her!

SHARE, SHARE, SHARE

This video is intended for advertising purposes, and we'd like to share it with you so you can pass it along to people you know!

<https://youtu.be/H46Cv5O3fvc>

ALSO HAPPENING:

COMMUNITY OUTREACH

This summer we are bringing back Pilates in the Plaza! Every Saturday in June we will be out in Buddy Holly Plaza sharing a workout with the community on the mat.

Sessions will be 9:00 am – 9:30 am just as the Farmer's Market downtown is heating up! Put these on your calendar and bring your friends – it is completely free.

PARTNER CARD LEAVING SOON

Partner Card is a Fundraiser for the Junior League of Lubbock. It benefits their signature projects which are Food2Kids, Kids in the Kitchen, and Touch a Truck.

When you use it here you get 20% off all drop in and 5 packs! This deal ends Saturday.

VIDEO SERIES ON FACEBOOK

Have you heard or seen our weekly video installments we have on Facebook? Give them a share and join us every Monday at 1pm.

Each video is 10-20 minutes video on different exercises/stretchches for your #SUMMERBOD, join in the fun!