

# Omni PILATES

REFER A FRIEND RECEIVE A SESSION FREE

## FEBRUARY DEAL

Post a photo on Facebook or Instagram and tag us @omni\_pilates!

What you will receive will be a free group class: options include;

- Pilates equipment
- Yoga
- Pilates Mat

## YOGA!

This month our yoga classes will be on the 10<sup>th</sup> and 24<sup>th</sup>. Book online or in person!

## MEDITATE AND BREATHE

This month we will have our first meditation at our new studio, Thursday, February 22 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 VALENTINE'S DAY!

Give your love the gift of health and happiness with a gift card from us. **Receive 10% off** any package of 5 sessions or more. We have many options and retail options to pair with it!

## ALSO HAPPENING:

### COMMUNITY OUTREACH

Our first session has kicked off with a bang and we have had great people join us! Our second and third session still have space available. Details below.

Apply [here](#).

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

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](mailto:omnipilates@outlook.com).

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

### 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 stretches to help alleviate low back pain.