



You are invited! We want to thank you!

As we kick off our 8th year in business we want to express our gratitude to all our clients who have partnered with Pilates Influence while reaching your fitness goals.

Mark your calendar for Sunday, October 19th. We will have an open house from 11:00 – 1:00.

Stop by for appetizers and informational speakers.

- 11:30 Meditation (*20 minutes*)
 - What are the health benefits of meditation and how to begin this practice in your busy life?
- 12:30 Pilates vs. Yoga (*20 minutes*)
 - How are they similar and what are the differences?

We will have raffle giveaways for those who attend!

Any 10 pack session purchased on this day will receive a 10% discount!

Please RSVP by emailing us at info@pilatesinfluence.com before October 11th. Feel free to bring a friend!

