

B	I	N	G	O
Tell your instructor why you love Movement of Pilates	Bring a canned good for the Food Pantry	Do the 100 at home 5 days	Stay after your session to stretch or foam roll an extra 10 mins	Pay it forward and do something nice for someone
Do a review on Facebook or Instagram	Take an extra class one week	Refer a friend	Bring in a new pair of socks for Bridge to Home	Send us a selfie with your Bingo card
Take a picture with your instructor or Pilates pal at the studio	Text us a quote about how Pilates has helped your body	FREE	Check in on Social Media 3 times	Introduce yourself to 2 new people at the studio
Learn a new move	Stretch for 10 mins at home 5 days	Learn the Mat Pilates series of 5	Hold a plank for 1 minute at home 4 days	Read about Joseph Pilates and tell us 3 interesting facts
Double Down and take two classes in one day	Come early before class to relax in our courtyard 4 times	Send a picture on a Tuesday of you doing the Teaser	Try a new instructor	Do a review on Yelp and/or Google

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