

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

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