

An illustration of a woman with long brown hair in a ponytail, wearing a grey long-sleeved top and a maroon skirt. She is in a Pilates pose, lying on her back with her legs raised and feet flat on the floor, holding her feet with her hands. The background is a light blue gradient.

# Foundation Pilates MADNESS

In honor of March Madness, Foundation Pilates will be hosting a friendly competition. Whomever completes the most amount of Pilates sessions (Reformer or Barre) from March 2, 2015 - March 31, 2015 will receive UNLIMITED PILATES SESSIONS FOR THE MONTH OF APRIL! Second and Third place winners will each receive FIVE PILATES SESSIONS! Look for your results at the studio each week. Be sure to follow us and CHECK IN on Facebook and Instagram; tagging your instructor. Use the hashtag: **#FoundationPilatesMADNESS**

GOOD LUCK!



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