

wellbeing pilates studio

april 10 - june 9: 60 days of fun

Follow along in studio / on your socials and lets make sure Cathy feels the love.

Roll Down	Use a resistance band in class	Control Front 	Do a class with Cathy	Roll Up on The Roller	The Hundred 	Tag us in a your Insta story	Use a soft ball in class
Open Leg Rocker	Flying Arabesque	Use the Long Box	Snakes 	Roll Overs	Move with enthusiasm	Add weights to your workout 	Roll Like a Ball 
Shoulder Bridge 	Try a Matwork Class	Russian Split	Side Teasers on Wunderchair	Footwork	Climb a tree	Reverse Pike on Reformer	Criss Cross
SuperWoman on the fuse ladder	Flip off the barrel 	Back Rowing	<p>cathy's birthday</p> <p>BINGO</p>		Teasers on the box 	Ab Series	Do a move with all 5 springs
Follow us on Instagram 	Renew your pass or membership	Feet in straps			Tendon Stretches	Teasers on the Cadillac	Do a Yin Reformer Class 
Do a move with no springs	Side lying glute series	Walk Over 	Control Balance	Star on the Reformer	Inversion on the fuse ladder	Leg Pull Back 	Use the short box
1 Minute of Slicers 	Swan on the barrel 	Boomerang	Do a whole class with love 	Jumpboards	Twisting on Makarlu	Comment on a Facebook post	3 Classes in 1 week
Use the silent foot strap	Push Ups on the Reformer	Control Balance dismount	Leave us a Google Review	Rings of Fire 	Correct Cathy's counting	Picking flowers 	Have a toast to Cathy 

@wellbeingpilatesstudio #CathysBirthdayBingo #60daysoffun

60 days - 60 MOVEMENTS - 60 years of cathy