



# ACTIVE FOR APRIL

Attend a minimum 12 classes at The Pilates Pod during April and enter to win a gift voucher for a sports massage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MINIMUM OF 30 MINUTES OF EXERCISE & MOVEMENT FOR 30 DAYS