

“Return to Life” Pilates Log

Name: _____

Email address: _____

Phone: _____



Return to Life Challenge

Complete four workouts a week either at home or at the studio for three months (average a minimum 1 workout at Evergreen Pilates). Enjoy online tutorials, community, encouragement, and perks along the way. Visit the Evergreen Pilates YouTube Channel and Facebook page.

Celebration Party & Raffle: Saturday June 2nd

Complete the Challenge and be entered to win \$200 in Pilates Credit, Pilates Props, T-shirts, Water Bottles, etc. The more classes you attend, the more Raffle tickets you will receive! **Turn in your Pilates Log before 5/31/18 to enter to win!**

Week #	Dates	Studio or home	Studio or home	Studio or home	Studio or home
1	3/1-3/10				
2	3/11-3/17				
3	3/18-3/24				
4	3/25-3/31				
5	4/1-4/7				
6	4/8-4/14				
7	4/15-4/21				
8	4/22-4/28				
9	4/29-5/5				
10	5/6-5/12				
11	5/13-5/19				
12	5/20-5/31				

