



# MARCH MATNESS PILATES CHALLENGE



Full Name: \_\_\_\_\_ Email: \_\_\_\_\_

- Hundred
- Roll Up

- Roll Over
- One Leg Circle

- Rolling Back

- One Leg Stretch

- Double Leg Stretch

- Spine Stretch
- Rocker with Open Legs

- Corkscrew

- Saw
- Swan-Dive

- One Leg Kick

- Double Leg Kick
- Neck Pull

- Scissors
- Bicycle

- Shoulder Bridge

- Spine Twist
- Jack Knife

- Side Kick
- Teaser

- Hip Twist
- Swimming

- Leg Pull Front
- Leg Pull Back

- Kneeling Side Kick
- Side Bend

- Boomerang
- Seal

- Crab
- Rocking

- Control Balance
- Push Up

Mar 1st - Mar 31st

All Pilates exercises will be featured in group classes. Earn a point when you participate in a Group Fitness class either in-person or virtually. 20 points will earn you a small prize! Earn bonus engagement points towards for the Grand prize!





# MARCH MATNESS PILATES *BONUS* CHALLENGE



Full Name:

Email:

- 1 Point "Tag a Mate" Refer a co-worker or spouse and earn a point if they register.

- 1 Point "Rise, Grind & Align" Join any early morning class.

- 2 Points "Rush Hour Relief" Join any evening class

- 2 Points "Mini Mat Win" Complete: My March Matness win today was \_\_\_\_\_. Share on Viva or by email

- 2 Points "Show us Your Mat" Share a photo of you and your mat from class. Share on Viva or by email

- 1 Point "Press Play and Power Up." Complete the full Youtube Pilates Playlist

- 2 points "Tag your Mat Time". Share a testimonial on Viva or by email.

- 1 Point "On-Demand Flow" complete a Wellbeats on Demand class session.

- 1 point "Try a New Pulse" Complete a class with a different instructor

- 1 Point "Skip the Commute" Watch a recording of any group fitness class.

Mar 1st - Mar 31st

Bonus points for engaging with us throughout the challenge. Submit your bonus entries through the Group Fitness Viva Engage page or by email to Edie.Garcia-Gutierrez@bp.com. Earn a collective 34 total points to earn the Grand Prize!