



PILATES  
ONLINE.IE  
*September Sculpt*

# SEPTEMBER SCULPT

10 class challenge ebook





**It may not be normality  
but as September  
approaches we need to  
start creating our own  
structure & routines!**

The days and weeks can all too easily roll into each other washing away our great 'intentions'.

*No matter what your WHY is, you are here for a reason.. you have a goal yet unattained and I can provide as many classes as I like - it will remain unattained without Action!!*

I've created the SeptemberSculpt Challenge to focus your mind, make a plan and make yourself accountable to take the necessary action and see the Results you want.





## WHAT'S IT ALL ABOUT...

**Simple! Challenge yourself to complete 'with gusto' ten classes in September!**

Print of your attached calendar.

Check your schedule and plan out 12-14 classes that will work for you. That way when a few go awry you will still hit your goal of 10!!

Participation can be live in studio, live via zoom, on CatchUp or with one of my prerecorded workouts... whatever works for you.

*SeptemberSculpt challenge is free to members*

## SEPTEMBER SCULPT PLUS

There are many reasons we don't get the results we want... sometimes it's a vicious cycle of lack of restful sleep, exhaustion, eating the wrong foods, hormones out of whack with stress hormones elevated. All this can lead to a lifestyle what makes you feel crap and never gets results.

I want to help ladies to balance hormones, strengthen your body for good function & shape, reduce inflammation and lose belly fat along with reduce stress/anxiety and increase sleep quality.. So if this sounds like you and you need some accountability to make the necessary changes.. SeptemberSculptPLUS is for you.



## OUR FOCUS WILL BE ON

- > Healthy Fat burning habits
- > Nutritional hacks to lose fat, increase Energy, improve sleep, reduce inflammation, reduce bloating, vastly improve appearance & skin
- > Lifestyle changes to reduce stress & improve sleep.

**All delivered in a private group to ensure success!**

If you are already a member this service will only cost you an additional €17 for the month.

If you are not a member but would like to join including access to 10 classes you can do so for just €87 one off subscription.

## SEPTEMBER

S M T W T F S

30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	01	02	03