

M3 NEWSLETTER



IT'S 2023

Happy New Year to you and yours! We are so thankful for your support over the past four years. 2023 will bring several new elements to our practice as we grow to serve you better. Our mission continues to be helping this community move well, live well and do amazing things!

WELCOME

We have added two talented therapists to our team. Rudy who some of you have met, joined us in the fall and Henry started with us in late December. Both bring unique experiences and a hunger to learn.



OUR SPACE



M3 South began with a soft opening as we taught Pilates, trained and treated a handful of patients and clients. The space offers us the ability and flexibility to touch more lives through movement. South is home to a three reformer Pilates studio along with a large performance and training space.



Our Pilates studio at the Trussville Civic Center got a fresh coat of paint and now matches our clinical space.

We are also now offering our Strong Bones and Medical Gym programs at the Civic Center. Group classes, semi-private and private sessions are available Monday-Saturday.

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CALL OR TEXT

Our team has implemented some new technology to better communicate with you. You are now able to call or text our main number 205.508.3811. This can also be used to send us pictures of your new insurance cards, make payments and schedule appointments.

M3 Pilates is releasing a chat bot this month to help you book classes and respond to some frequently asked questions.

PARTNERSHIPS

The fall of 2022 brought big changes with how we support athletes and teams.

M3 has partnered with Alabama Performance Volleyball Center to provide physical therapy and strength and conditioning programming.



M3 COMMUNITY



We have partnered with First Baptist Church Trussville to provide a mat Pilates experience! Classes are held Wednesdays at 8:15am. Join us as we have fun, learn what our bodies are capable of and build our confidence through movement.



Our Golden Movement series is now live at the Trussville Senior Center on Wednesdays and Fridays at 1:30pm .

Classes are mat or chair-based Pilates with a focus on mobility, strength and balance.

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RESOURCES

Visit and subscribe to our YouTube channel (M3Endeavors, LLC) for access to our growing content library. Whether you are looking for inspiration, a good workout routine or more information about living a better life...tune in to one of these playlists:

- Wake Up and Move
- Big Six
- Movement Matters (Video Blog)
- Thoughts on Leadership
- Frequently Asked Questions

CONGRATS

Maurice, one of our movement experience coaches, was recently drafted by the Orlando Guardians- an XFL team. He reported to training camp on January 5th. We are all rooting for him.



M3 PROGRAMS



Our long term athletic development (LTAD) program has continued to grow and we are now serving more young athletes and continue to work with college and professional athletes. The LTAD program offers both individual and small group (up to 4 athletes) options.



We rebooted our Strong Bones Pilates program and added a Medical Gym program to help clients with chronic and complex medical issues. Both programs are directed by our team of physical therapists in conjunction with other providers on your medical team.