

M3 NEWSLETTER



IT'S SPRING TIME!

March got here in a hurry! The improving weather hopefully leads to us being more active and spending more time outdoors. Regardless of your goals this spring, our team is committed to helping you move well, live well and do amazing things!

EVENTS

On March 7th, our team was at First Baptist Church Trussville for a fall prevention and quality of life program.

- Edible Education May 11th at FBCT
- Fall prevention May 16th at FBCT



OUR SPACE



M3 South is now a hub of activity with patient care, training and Pilates. Our large pieces of equipment are now ready to roll. Be on the lookout for a couple of surprises in the coming weeks. 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 now offers a men's class on Monday and Wednesday mornings. 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.

NEWSLETTER



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

M3 has partnered with Total Futbol Club to support the development of the athletes and provide wellness opportunities for parents. Our sports partnerships are focused on improving performance and supporting active lifestyles.



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.

- High Intensity Interval Training (HIIT)
 - Tues/Thurs at Trussville Civic Center
- Golden Movement Series
 - Wed/Fri at 1:30pm at Trussville Senior Center.

NEWSLETTER



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

- Bre and Henry are officially certified to do Dry Needling.
- Jonathan is teaching beginner Pilates classes and intro classes.



M3 PROGRAMS

Two people are practicing Pilates on a reformer machine. One person is standing and demonstrating a movement, while the other is lying on the reformer.

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.

A person is performing Pilates on a reformer machine. They are lying on their back, using the reformer's resistance to assist with the movement.

The Strong Bones Pilates program has been a big hit and we have added a second class on Tuesday mornings. Both the Strong Bones and Medical Gym programs are directed by our team of physical therapists in conjunction with other providers on your medical team.

