

# M3

# NEWSLETTER



## SUMMER IS HERE!

Our team added a new clinical intern Stacey. She will be part of our team for another three weeks. We have also added the M3 Blog to our website and will be adding articles regularly to help your wellness journey.

## EVENTS

We teamed up with First Baptist Church Trussville for our second fall prevention and quality of life program. The program continues to grow and will update you on the next date soon.



## OUR SPACE



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.



We have started a Wednesday/Saturday Pilates for our football players. Talk about a fun time! We focus on improving flexibility, strength, body control and performance... these guys will never be the same!

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## PAYMENTS

To decrease the impact of inflation and the rising cost of postage, we have made some improvements to help our clients manage the communication and payment process. We now are able to send you a text to pay link after your treatment sessions. As always, we can process payments while you are in the clinic.

## PARTNERSHIPS

We have partnered with the Trussville YMCA to deliver a seven week series to help members navigate health challenges like diabetes, heart disease and arthritis. This program will begin in June and our first topic will focus on quality of life. Classes will begin on Wednesday June 7th at 11:00.



M3 and First Baptist Church Trussville are providing a mat Pilates experience! Classes are held Wednesdays at 8:15am. Come have fun, learn what your body is capable of and build your confidence through movement.



## M3 COMMUNITY

- High Intensity Interval Training (HIIT)
  - Tues/Thurs at Trussville Civic Center 8:15 and 10:15
- Golden Movement Series
  - Wed/Fri at 1:30pm at Trussville Senior Center.

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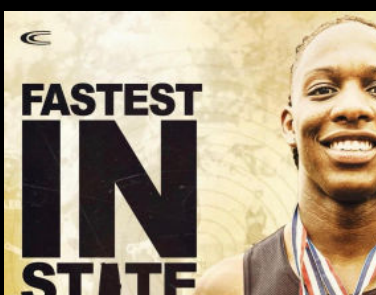
## RESOURCES

Visit and subscribe to our YouTube channel (M3Endeavors, LLC); 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](#)
- [Blog](#)

## CONGRATS

Our athletes continue to earn honors; Jaylen Mbakwe, and Ayden Walton won a total of 5 gold medals at the state track and field championships. Jaylen was crowned as the fastest highschooler in the state!



## M3 PROGRAMS



Our long term athletic development (LTAD) program has continued to grow as we work with athletes from 9 years old to the professional level. The LTAD program offers both individual and small group (up to 4 athletes) options to help your child progress this summer.



We now have three strong bones classes offered at the Trussville Civic Center. These classes use a Pilates Reformer and focus on helping you build bone health. Classes are Tuesday 8:00am and 9:00am and Friday at 8:00am