

6 WEEK CHALLENGE

- Complete one class a week for 6 weeks in a row
- Get 4 in a line in any direction (horizontal, vertical or diagonal)
- BONUS tick off all 20 challenges to be in for a chance to WIN a free 1:1 pilates session with Zoe

1

2

3

4

5

6

**Zoe makes
up a word**

**Use a
pillow as
a prop**

**Roll like a
ball**

**Share a
photo on
insta**

**Do a
Mermaid**

**Try an
exercise you
normally skip**

**Book a live
class for
October**

**Rest for at
least 15 min
after a class**

**Take 3 rest
breaks
during class**

**Get the
breathing
wrong**

**Do a a hip
lift or full
bridge**

**Try a
different
variation
than normal**

**Choose a
more
challenging
variation**

**Complete
the wedding
special**

**Laugh at
Zoe's silly
joke**

**Smile
through the
whole clam
sequence**

**Do a class
in your
pyjamas**

**Use some
sort of
weight**

**Email Zoe on
how you
found a class**

**Choose an
easier
variation**