



It's been a while since you've heard from us!

Here's what's happening at Pilates by the Bay in Toms River - you'll find:

- Details about our holiday toy drive with the Wingman Foundation
- **Free** trial classes in exchange for toy donations
- A holiday gift card sale, in-studio winter deals, pop-up classes
- A sneak peek at our next Pilates Teacher Training sessions



Help Us Fill the Toy Bin for Wingman Foundation

Our holiday toy bin for the Wingman Foundation is already **half full**, and we'd love your help to overflow it before Santa arrives.

Wingman Foundation wingmanfoundationnj.org supports children and families in need right here in our local community. We're collecting **new, unwrapped toys and gifts for kids and teens**, which will be picked up and delivered by Santa and the Wingman team this season.





Toys will be picked up by **Santa** himself on December 13 at 10:30 am! Bring the family for pictures and watch Santa get a workout in before the big day!



Free Trial Classes with Toy Donation on Saturday, December 13

📍 **PILATES BY THE BAY**

TAKE A PILATES CLASS ON US

Help our Pilates apprentices currently in teacher training grow in their practice so they can help you grow in your own practice. This mixed mat and Reformer class is for any level of experience and donation based, bring an unwrapped toy. New & existing clients welcome.

**SATURDAY
DECEMBER 13TH
10 AM
&
11 AM**

WITH OUR APPRENTICE:
LANE HOLLINGWORTH



SAVE YOUR SPOT ►

WWW.PILATESBYTHEBAYNJ.COM/SCHEDULE

We're offering **FREE trial equipment classes** next week to say "Thank you for giving back!" in exchange for a toy donation.

Free Trial Classes with Apprentice Teacher

Saturday, December 13

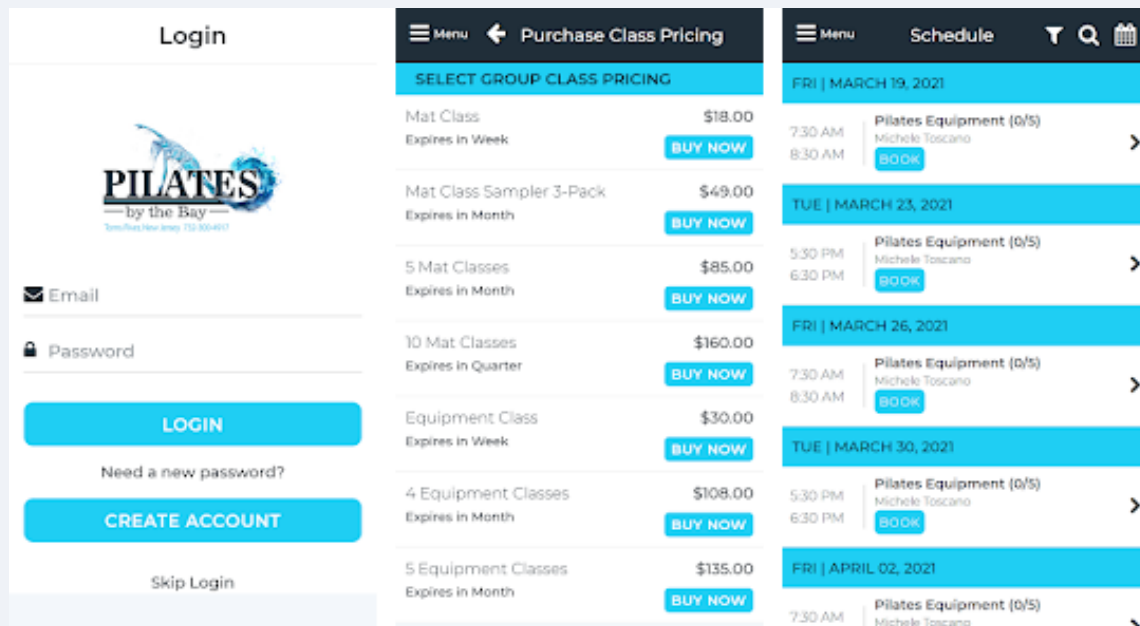
- **10 AM** – Trial Equipment Class
- **11 AM** – Trial Equipment Class

Classes are listed on our online schedule as **free signup**. Just bring a new, unwrapped toy as your "class fee." Spots are limited and will fill quickly. Once a class is full, you can still join the **waitlist** in case a spot opens.

[Reserve Your Spot](#)



Make Booking Easy with Our Free Scheduling App



Staying on top of your classes is simple with the **Pilates by the Bay NJ app** for iPhone and Android.

Download the app here:

- **iPhone:** <https://apps.apple.com/us/app/pilates-by-the-bay-nj/id1547062824>
- **Android:** https://play.google.com/store/apps/details?id=com.pilatesbythe.bay&hl=en_US&gl=US

Once logged in with your studio account, you'll have your schedule right in your pocket.



Pilates by the Bay
**WINTER
SALE**



\$20 Leggings



\$15 Bracelet Weights



\$20 Savvi Items

Merchandise sold in studio only

**15% OFF Gift
Cards Online
Using Promo
Code 15OFF25**

www.pilatesbythebaynj.com/gifts

Gift Card Sale 15% Off

Give the gift of movement this season. Now through the

Studio Winter Sale

We're making room for new inventory with a **winter sale** on Savvi items and studio accessories:

holidays, all online gift cards are **15% off.**

Use promo code: **15OFF25** at checkout for **15% off gift cards of any amount.**

Gift cards can be used toward:

- Group equipment classes
- Mat and barre classes
- Private and duet sessions

- **\$20 leggings**
- **\$20 Savvi items**
- **\$15 bracelet weights**

Stop by the studio in Toms River to browse the racks, update your workout wardrobe, or pick up a few stocking stuffers for your favorite Pilates lover.

Purchase online here: pilatesbythebaynj.com/gifts



Looking Ahead: Pilates Teacher Training Summer & Fall 2026

If you've ever thought about teaching Pilates or deepening your practice, keep an eye out for the next rounds of our [Pilates Teacher Training](#), starting **Summer and Fall 2026**.

We'll share more details as dates get closer, including information sessions and how to apply.



Holiday Schedule and Pop-Up Classes

As we move through the holiday season, we'll continue to adjust the schedule to fit studio demand, staff availability, and special events. Please:

- Check the **online schedule regularly** for any last-minute changes
- Look for **pop-up classes** added around busy weeks and holidays
- Use the app or website to reserve and manage your spots

[View Our Schedule](#)



Thank you for being part of our Pilates by the Bay community.
Your support, generosity, and presence in the studio mean a
great deal to us.

We hope to see you in class soon, and we can't wait to see that
Wingman Foundation toy bin filled to the top!



Pilates by the Bay
1403 Rt 37 E., 08753, Toms River

You've received it because you've subscribed to our newsletter.

[Unsubscribe](#)