

**BIND**

*WITH*


**Bind** ⚡



# Bend With Bind

Times are tough,  
**YOU ARE TOUGHER**

Join the **#SWEATWORKING** revolution  
& get involved in Bind's **FREE**  
virtual Pilates class



EVEN THOUGH YOU'RE  
FED UP, YOU GOTTA  
KEEP YOUR HEAD UP!



# Meet The Coach



**Amy Hughes**



Endurance runner



53 marathons in 53 days



Sculptinhaus founder



Barrys MCR trainer



Lululemon ambassador



# When



29.10.20



13:30



sign up here:

[www.bind.co.uk/bend](http://www.bind.co.uk/bend)

