

Media Agency Launches Virtual Pilates Class With World Record Holder

Monday 12 October, 2020

With the aim of combating the effect today's world is having on our mental health, Manchester media agency, Bind, have teamed up with World Record Holder, Amy Hughes, to provide a free monthly virtual Pilates class to the general public.

Oliver (Joint MD of Bind (bind.co.uk)) "Bind has always promoted an active, healthy lifestyle to our team. We encourage them to work out when it works for them, as ultimately we believe that being active and healthy results in better work, and more importantly being happy."

"Bend With Bind is something we are incredibly passionate about. We hope that it encourages employers to see the value that getting active during your working week can have on a work force."

This isn't like a typical virtual class.

For one, your instructor is a mean, lean, cardio machine. Amy Hughes. Amy is an instructor at Barry's Bootcamp, an ambassador for Lululemon and an endurance running world record holder completing 53 marathons in 53 days (bbc.co.uk/news/av/uk-29394978).

Secondly; although this is a free event, participants will be encouraged to donate to local mental health charities if they enjoy the class.

Bind are passionate about charity, recently raising £17,000 (businessmanchester.co.uk/2020/04/30/north-west-agencies-join-forces-to-raise-money-with-marathon-relay/) to help support Covid 19 relief efforts.

To get involved in 'Bend With Bind', visit bind.co.uk/bend

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