

WELCOME BACK TO OUR **MONTHLY NEWSLETTER** *Pink October*

September 2025 / Vol 1

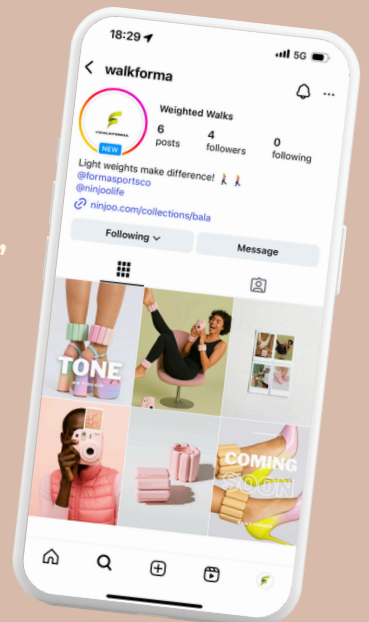


INTRODUCING **WALKFORMA**

Something new is stepping into the city...

WALKFORMA isn't just about walking — it's about creating moments. Think **friendly strolls that turn into challenges, shared laughs, and maybe a surprise waiting at the finish line.** 🎁 ✨

This is a community where **anyone** can belong — whether you're here for **fitness, friendship, or just a reason to move.** And because we love to keep things **stylish,** you'll discover that every walk has its own little sparkle... with bala bangles leading the way. ✨



FOLLOW





Expanding the Collection.

The equipment collection continues to grow and improve to bring innovative design and smart technology to elevate Pilates training at home or in the studio.



Bala Bangles are back better than ever!

Now in **mono colors** to make a perfect match with your workout sets. **Light, medium and heavy!**

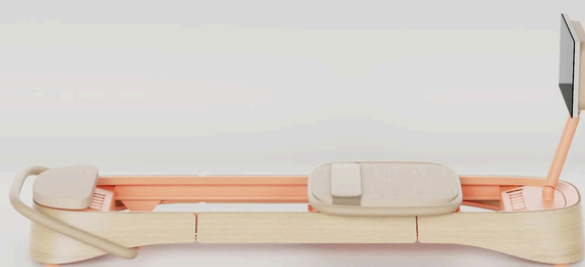
A tried and true accessory, Bala bands are designed to intensify any and every workout. Made to travel and easy to store.

ORDER HERE



Frame Smart Pilates Reformer!

It's the next generation of at-home Pilates Reformer. This beautifully designed, studio-quality machine combines sleek engineering with smart technology — **featuring a 24" swivel touchscreen for live and on-demand classes, push-button resistance control, and a smooth, versatile design that adapts to every body.**



Whether you're a beginner or advanced, Frame makes Pilates more engaging, accessible, and connected than ever before. Weight is ~ **80 kg.**

Available in two colors: **midnight and sunrise!**

KNOW MORE



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COACHMARGO code



CRAFT & MOVE – PINK OCTOBER

In honor of **Breast Cancer Awareness Month**, join us for a unique afternoon that blends creativity, movement, and wellness.

📍 ESPA Life, Waldorf Astoria, Doha Lusail

📅 Saturday, October 11, 2025

🕒 4:30 PM – 7:00 PM

What's included:

🎨 Tote Bag Stamping Workshop with

Qatari artist Lina Al-Ali

🧘♀️ Beginner-Friendly Move & Flow Class by

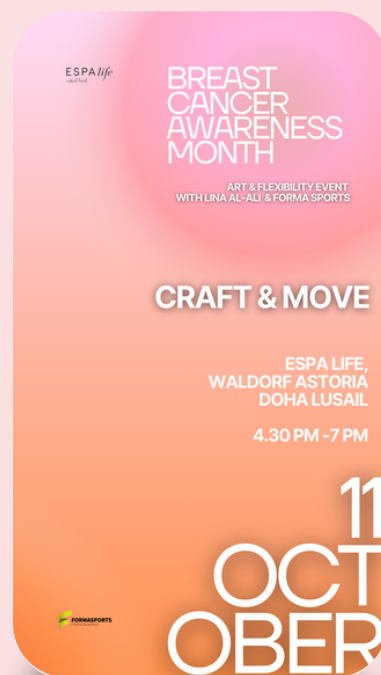
Forma Sports

💰 **Price: 380 QAR**

☕ Afternoon Tea

🧖♀️ Full Spa Access

🎁 Surprise Gift Bags



[REGISTER HERE](#)



This event is all about celebrating wellness, art, and community while raising awareness for an important cause. Don't miss this inspiring afternoon!

