

THE HUNDRED CHALLENGE

100 Days of Movement · 100 Years of Joseph Pilates' Legacy

A FREE, COMMUNITY/INDUSTRY - WIDE MOVEMENT CHALLENGE · OCTOBER 18, 2026 – JANUARY 24, 2027

In 1926, Joseph Pilates brought his exercise system to New York City. One hundred years later, we're honoring the man, the method, and the community that carries his work forward. Join us for 100 days of movement, connection, and Contrology, free, fun, and open to everyone, whether you're a longtime client or brand new to Pilates.

HOW IT WORKS

1. Download & print your free [“The Hundred” Challenge Card](#) or from our [website](#).
2. Complete as many of the **30 challenge squares** as you'd like, at your own pace.
3. Submit your completed card **in person** at our conclusion event, or by email if you can't attend.

EVENT DATES

SUN · OCT 18 5:00 PM	Kick-Off Celebration Free mat class + toast to Joe — challenge officially begins!
SUN · DEC 13 4:00 PM	Halfway Point Gathering Free mat class + book talk: “Caged Lion”: by John Howard Steele
SUN · JAN 24 4:00PM	Conclusion Event Free mat class + book talk: “Your Health” by Joseph Pilates
SAT/SUN · JAN 23/24 TBD	Celebration Event <i>Toasting 100 years of Joe & 12 years of our studio • swag bags included!</i>

REWARDS

First completed card submitted: **\$100 studio credit** + Pilates socks + t-shirt

First 5 completed cards: Pilates socks + t-shirt · First 10 participants: t-shirt

Complete all 30 squares: **\$30 credit** · 20 squares: **\$20 credit** · 10 squares: **\$10 credit**

Download your [Challenge Card](#) and view all events at freemovementpilates.com

