



508-754-3327
102 Grove St. Worcester
www.bmb-pilates.com

**Just Beginning Pilates?
These classes are for you.**

**Try Before You Buy
Free Workshops**
Sessions are 1 hour long
Call 508-754-3327 for details

Mat	Mon. 4/26	9:30 a.m.	Peter
Mat	Mon. 4/26	7:30 p.m.	Ray
Mat	Sat. 3/6	10:30 a.m.	Peter
Reformer	Mon. 4/26	5:30 p.m.	Ray
Reformer	Fri. 4/30	9:00 a.m.	Ray
Reformer	Sat. 5/1	9:30 a.m.	Peter

**Intro Pilates
Weekly Classes**

Session 1: MAY 3rd – JUNE 26th (8 Weeks)
Session 2: July 12th – AUGUST 28th (7 Weeks)

Intro	Mon.	7:30 p.m.	Ray
Intro	Tues.	9:30 a.m.	Ray
Intro	Thurs.	6:30 p.m.	Eileen
Intro	Sat.	10:30 a.m.	Peter

- ☆ **Contact the Studio for Reformer Group availability and pricing**
- ☆ **Fill out and return registration form**
- ☆ **Or call 508-754-3327**
- ☆ **www.bmb-pilates.com**

SPRING-SUMMER 2010

Beginner Classes:

Session 1: MAY 3rd – JUNE 26th (8 Weeks)
Session 2: July 12th – AUGUST 28th (7 Weeks)

Experienced Classes:

APRIL 26th – AUGUST 28th (17 weeks)
No Classes 7/3-7/9

SPRING -SUMMER SPECIALS

NEW CLIENTS: EXERCISE WITH A FRIEND AND YOU BOTH GET A 10% DISCOUNT ON INTRO TO PILATES CLASS
EXPERIENCED CLASSES: TAKE A 2-WEEK VACATION ON US 17 CLASSES FOR THE PRICE OF 15

Experienced?

These group mat classes are for you.

Level 1

Mon.	6:30 p.m.	Ray
Tues.	8:15 a.m.	Ray
Wed.	7:30 p.m.	Eileen
Thurs.	5:30 p.m.	Cynthia
Sat.	9:30 a.m.	Ray

Level II

Mon.	3:30 p.m.	Cynthia
Tues.	7:30 p.m.	Ray
Wed.	6:30 p.m.	Eileen
Sat.	9:30 a.m.	Ray

Intermediate

Mon.	4:30 p.m.	Int-SA	Cynthia
Tues.	6:30 p.m.	Int -SA	Ray
Wed.	8:30 a.m.	Int -SA	Cynthia
Thurs.	6:30 p.m.	Int	Eileen
Sat.	8:30 a.m.	Int-SA	Ray

Advanced

Mon.	5:30 p.m.	Adv II/Breath	Cynthia
Sat.	8:30 a.m.	Adv-SA	Ray

**TRX Suspension Training
For all Fitness Levels**

**TRX Suspension Training
Try Before You Buy
Free Workshops**

Sessions are 1 hour long
Call to reserve a space 508-754-3327

Tues. 4/27	5:30 p.m.
Wed. 4/28	7:30 a.m.
Sat. 5/1	12:30 p.m.

TRX

Suspension Training

High Intensity & Fun
Build strength & Burn Calories
Train on the latest suspension exercise equipment

Body Blast	Tues	5:30 p.m.
Fusion	Sat	7:30 a.m.

6 classes for \$90.

**Strength & Conditioning
Intensive**

Shed pounds and inches
Slim down and tone up with this
high-intensity combination of
Pilates, Plyometrics, Cardio, TRX, Light-
Weights and Core Synergistics

Mondays at 9:30 a.m.
Wednesdays at 9:30 a.m.
Fridays at 10:00 a.m.
These Classes are 1.5 hours long
10 classes for \$200

**Get into Shape for Summer with
Boot Camp**

Saturdays	11:30
Wednesdays	5:30

6 classes for \$96
May 1st-June 5th
Classes are 1 hour long.

**Reformer & Equipment
Groups**

(Contact the Studio for pricing)
** Note, existing classes not listed will continue

Mon.	5:30 p.m.	Intro Fusion	Ray
Mon.	6:30 p.m.	Fusion II	Cynthia
Mon.	7:30 p.m.	Int Ref	Cynthia
Tues.	12:00 p.m.	Int Ref	Cyn
Tues.	4:30 p.m.	Adv	Ray
Tues.	5:30 p.m.	Level II	Ray
Tues.	6:30p.m.	Intro/Level 1	Peter
Wed.	8:30 a.m.	Intro Mat/Ref	Ray
Wed.	5:30 p.m.	Int/Adv.	Cynthia
Wed.	6:30 p.m.	Int/Adv.	Cynthia
Thurs.	6:30 p.m.	Int I	Ray
Thurs.	7:30 p.m.	Fusion II	Ray
Fri.	9:00 a.m.	Intro I	Ray
Sat.	10:30a.m.	Equipment Fusion	Ray
Sun	10:30 a.m.	Drop In by Appt.	Ray

Sunday Specials

See Website for Complete Descriptions and Registration Form for Pricing

Chair Workshop	5/9	11:30a.m.	Active & Injury Free	5/16 & 5/23	1:30 p.m.
Golf Conditioning	5/9 & 5/16	12:30 p.m.	TRX Suspension Training	5/23 & 5/30	9:30 a.m.
Strength & Conditioning for Men	5/16 & 5/23	11:30 a.m.	TBA		