



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

# Spring/Summer 2008

## Beginner Classes:

Session 1: May 5<sup>th</sup> – June 21<sup>st</sup> (7 Weeks)  
 Session 2: June 23<sup>rd</sup> – August 9<sup>th</sup> (7 Weeks)

## Experienced Classes:

May 5<sup>th</sup> – August 30<sup>th</sup> (15 weeks)  
 No classes the weeks of 6/30-7/5 & 8/11-8-16

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

**Experienced?**  
**These group mat classes are for you.**

**Try Before You Buy  
 Free Beginner  
 Mat Workshops**

**Call 508-754-3327 to reserve your space**

Sat. 4/19	11:30 a.m.	Peter
Mon. 4/21	8:30 a.m.	Ray
Mon. 4/21	11:00 a.m.	Ray
Mon 4/21	6:30 p.m.	Ray
Tues. 4/22	9:00 a.m.	Ray
Thurs. 4/24	6:30 p.m.	Peter
Sat. 4/26	10:30 a.m.	Peter

**Try Before You Buy  
 Free Beginner  
 Reformer Workshops**

**Call 508-754-3327 to reserve your space**

Mon. 4/21	6:30 p.m.	Cyn
Tues. 4/22	10:00 a.m.	Ray
Tues. 4/22	7:30 p.m.	Ray
Wed. 4/23	7:30 p.m.	Cyn
Thurs. 4/24	10:30 a.m.	Ray
Thurs. 4/24	7:30 p.m.	Peter
Sat. 4/26	9:30 a.m.	Peter
Sat. 4/26	10:30 a.m.	Jumpboard

**Intro to Pilates  
 Weekly Classes**

**Session 1: 7 weeks 5/5-6/21**  
**Session 2: 7 weeks 6/23-8/9**

Mon.	6:30 p.m.	Ray/Eileen
Mon.	11:00 a.m.	Ray
Tues.	9:30 a.m.	Eileen
Tues.	6:30 p.m.	Ray/Eileen
Thurs.	5:30 p.m.	Peter/Eileen
Sat.	9:30 a.m.	Peter/Eileen

**Baby & Me**  
**6 week program (babies 6 weeks & older)**

Tues.	10:00 a.m.	Ray
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### Level II

Tues	5:30 p.m.	Ray/Eileen
Tues.	7:30 p.m.	Ray
Thurs.	6:30 p.m.	Peter/Eileen
Sat.	10:30 a.m.	Peter/Ray

### Intermediate

Mon.	4:30 p.m.	Int II	Cynthia
Wed.	8:30 a.m.	Int II/SA	Cynthia
Wed.	6:30 p.m.	Int I	Ray
Fri.	9:30 a.m.	Int.	Ray
Sat.	8:30 a.m.	Int I & II	Ray/Peter

### Advanced

Mon.	8:30 a.m.	Adv I/SA	Cynthia
Mon.	5:30 p.m.	Adv II/Breath	Cynthia
Fri.	9:30 a.m.	Adv.	Ray
Sat.	8:30 a.m.	Adv.	Ray/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**

## Reformer Groups

(Contact the Studio for pricing)

\*\* Note, existing classes not listed will continue

Mon.	8:30 a.m.	Intro.	Ray
Mon.	9:30 a.m.	Level II	Ray
Mon.	11:00 a.m.	Begin Fusion	Ray
Mon.	5:30 p.m.	Intro	Ray
Mon.	6:30 p.m.	Fusion II	Cynthia
Wed.	8:30 a.m.	Intro.	Ray
Thurs.	9:30 a.m.	*Classical	Peter
Thurs.	10:30 a.m.	Begin Fusion	Ray
Thurs	6:30 p.m.	Int.	Ray
Thurs.	7:30 p.m.	Level II	Ray
Fri.	8:30 a.m.	Fund II	Ray
Fri.	10:30 a.m.	Intro	Peter

\*See Classical Pilates Description Below

### Calorie Burning Intensive

Shed Pounds & Inches

Slim down and tone up with this high-intensity combination of Pilates, Plyometrics, Cardio, Yoga and Core Synergistics

Mondays at 9:30 a.m.

Tuesdays at 6:30 p.m.

Wednesdays at 9:30 a.m.

Fridays at 10:30 a.m.

This program is for fit, healthy people. It will be physically challenging  
Pilates experience not required

Classes are 1 hour long

Cost \$20 per class

### Better Backs

6-Week Program

5/21-6/25

Wednesdays at 5:30 p.m.

Get out of Pain, Get Flexible,  
Get Strong

### Pilates For Golf Workshop

Increase driving distance, improve control, enhance strength and flexibility and avoid back injury

2-hour session - \$50

Session dates and times:

5/17	Sat.	10:30-12:30	Peter
6/14	Sat.	10:30 - 12:30	Peter
7/12	Sat.	10:30 - 12:30	Peter

### Classical Pilates Program

Do Pilates like Joe!

A fast paced approach using Mat, Reformer and Small Equipment.

Thursdays at 9:30 a.m.

Pilates experience required  
Class limited to 4 participants  
Call for more information

### Pilates at your Business

We can deliver high quality Pilates training onsite.

A fun, safe approach to help your personnel stay healthy and get stronger.

Increase job performance and reduce sick time

Call 508-754-3327 and let us design a program for your business