



Just Beginning Pilates?
These classes are for you.

**Try Before You Buy
 Free Workshops**

Call 508-754-3327 for details

Mat	Mon. 1/2	7:30 p.m.
Mat	Wed. 1/4	6:30 p.m.
Mat	Sat. 1/7	10:30 a.m.
TRX	Sat. 1/7	11:30 a.m.
Z-Health	Sat. 1/7	12:30 p.m.

**Intro Pilates
 Weekly Classes**

Session 1: Jan. 9th – Feb. 25th (7 Weeks)

Session 2: Mar. 5th – April. 21st (7 Weeks)

Intro	Mon.	7:30 p.m.	Ray
Intro	Mon.	8:30 a.m.	Ray
Intro	Wed.	6:30 p.m.	Eileen
Intro	Sat.	10:30 a.m.	Lucia

WINTER 2012

Beginner Classes:

Session 1: Jan. 9th – Feb. 25th (7 Weeks)

Session 2: Mar. 5th – April. 21st (7 Weeks)

Experienced Classes:

January 2nd – April 28th (17 weeks)

Experienced?

These group mat classes are for you.

Level I

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

Level II

Wed.	7:30 p.m.	Eileen
Thurs.	5:30 p.m.	Cyn
Sat.	9:30 a.m.	Ray

Intermediate

Tues.	7:30 p.m.	Int II	Ray
Wed.	8:30 a.m.	Int	Cynthia
Thurs.	5:30 p.m.	Int	Cynthia
Sat.	8:30 a.m.	Int	Ray

Advanced

Mon.	4:30 p.m.	Adv	Cynthia
Tues.	7:30 p.m.	Adv	Ray
Thurs.	6:30 p.m.	Adv	Ray
Sat.	8:30 a.m.	Adv	Ray

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

Over →

**Z-Health
4-Week Quick Start**

Schedule TBA

4-classes \$120

Real World Balance Training

4- session program guaranteed to improve your balance for any physical activity

Schedule TBA

4 classes \$120

Z-Health is a cutting-edge movement system that improves health, strength, flexibility, & balance, alleviate pain & maximize athletic performance

Yoga

You asked for it so we are offering it

Mondays 5:30p.m. Vinyasa Flow

Tuesdays 10:30a.m. Gentle/Restorative Yoga

Thursdays 5:30p.m. Vinyasa Flow

Saturdays 9:30a.m.

Classes begin the week of September 12th

8 classes for \$100

Drop in \$16 per class

Coming Soon

Z-Health

Real World Balance Training

90 Day Weight Loss & Fitness Intensive

Zumba

Pilates Chair

REFLEXOLOGY & MASSAGE

by appointment

call 508-754-3327

TRX

Suspension Training

High Intensity & Fun

Build strength & Burn Calories

Train on the latest suspension exercise equipment

Fusion	Tues.	6:30 p.m.
Fusion	Sat.	7:30 a.m.

5 classes for \$100

**Reformer & Equipment
Groups**

(Contact the Studio for pricing)

** Note, existing classes not listed will continue

Mon.	3:30 p.m.	*Fusion	Cyn
Mon.	5:30 p.m.	Intro	Cyn
Mon.	6:30 p.m.	Fusion II	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.	Fusion Int	Ray
Tues.	7:30 p.m.	Intro	Peter
Wed.	8:30 a.m.	Intro	Ray
Wed.	4:30 p.m.	Int.	Cynthia
Wed.	5:30 p.m.	Int/Adv	Cynthia
Wed.	6:30 p.m.	Int/Adv	Cynthia
Thurs.	6:30 p.m.	Intro	Eileen
Thurs.	7:30 p.m.	*Fusion	Ray
Fri.	9:00 a.m.	Level II	Ray
Sat.	9:30a.m.	Intro	Peter
Sat.	10:30a.m.	*Fusion II	Ray
Sun	9:00 a.m.	Drop In by Appt.	Ray

*Fusion classes use Reformer, Chair, Mat & Small Equipment