



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

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

**Try Before You Buy  
 Free Beginner Workshops**

Sessions are 1 hour long  
 Call 508-754-3327 for details

Sat. 1/3	9:30 a.m.	Ray
Tues. 1/6	9:00 a.m.	Cynthia
Thurs. 1/7	6:30 p.m.	Peter
Sat. 1/10	9:30 a.m.	Ray

**Intro to Pilates  
 Weekly Classes**

Session 1: JAN 12<sup>th</sup> – FEB. 28<sup>th</sup> (7 Weeks)  
 Session 2: MARCH 9<sup>th</sup> -April 25<sup>th</sup> (7 Weeks)

Mon.	9:00 a.m.	Ray
Mon.	7:30 p.m.	Cynthia
Wed.	5:30 p.m.	Eileen
Thurs.	6:30 p.m.	Peter/Eileen
Sat.	9:30 a.m.	Ray

**Yoga**

**We are Expanding Our Studio with a  
 New Yoga Room**  
**The Yoga Schedule is Coming Soon**  
**Check Back Over the Next Week or**  
**Call us for More Information**

- ☆ **Contact the Studio for Reformer Group Availability and pricing**
- ☆ **Fill out and return registration form**
- ☆ **Or call 508-754-3327**
- ☆ **[www.bmb-pilates.com](http://www.bmb-pilates.com)**

**WINTER 2009**

**Beginner Classes:**

Session 1: JAN 12<sup>th</sup> – FEB. 28<sup>th</sup> (7 Weeks)  
 Session 2: MARCH 9<sup>th</sup> -April 25<sup>th</sup> (7 Weeks)

**Experienced Classes:**

JAN. 5<sup>th</sup> – MAY 2<sup>ND</sup> (17 weeks)

**WINTER SPECIALS**

**NEW CLIENTS: EXERCISE WITH A FRIEND AND YOU  
 BOTH GET A 25% DISCOUNT ON INTRO TO  
 PILATES CLASS**

**ALL EXPERIENCED CLASSES:  
 17 FOR THE PRICE OF 15.**

**Experienced?**

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

**Level 1**

Mon.	5:30 p.m.	Ray
Tues.	7:30 p.m.	Ray
Wed.	6:30 p.m.	Eileen
Thurs.	5:30 p.m.	Peter/Eileen

**Level II**

Mon.	3:30 p.m.	Ray
Mon.	6:30 p.m.	Cynthia
Sat.	10:30 a.m.	Ray

**Intermediate**

Mon.	4:30 p.m.	Int II	Cynthia
Tues.	5:30 p.m.	Int I	Eileen
Tues.	6:30 p.m.	Int I-II-SA	Ray
Wed.	8:30 a.m.	Int II-SA	Cynthia
Sat.	8:30 a.m.	Int I & II	Ray/Peter

**Advanced**

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

## Athletes & Professionals

### 2-Hour Workshops

Pilates for Dance Instructors  
 Pilates for Skaters  
 Pilates for Skiers  
 Pilates for Athletic Coaches  
 Pilates for Physical Therapists

Call 508-754-3327 for more information  
 and schedule or follow links on website

### Pilates For Golf Workshop

Peter recently gave 3 workshops  
 in Mexico. Great results for  
 participants - they increased  
 driving distance 10-15 yards,  
 improved control, enhanced  
 strength and flexibility and learned  
 how to avoid back injury.

2-hour session - \$50  
 Session dates and times:

2/14	Sat.	11:30 - 1:30	Peter
3/14	Sat.	11:30 - 1:30	Peter
4/11	Sat.	11:30 - 1:30	Peter

*Just 1 tip increased my drives  
 by 15 yards and I could do it every  
 time I stepped up to the tee.*  
 Mark Hulett (Mexico participant)

## Reformer Groups

(Contact the Studio for pricing)

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

\*\*\*Prior exp not required for "Begin Mat & Ref"

\*\*\*\*Mat Level 1 experience required for Intro

Mon.	8:30 a.m.	Intro	Ray
Mon.	5:30 p.m.	Begin Mat & Ref	Ray
Mon.	6:30 p.m.	Fusion II	Cynthia
Mon.	7:30 p.m.	Fusion II	Cynthia
Tues.	9:30 a.m.	Mat & ref	Ray
Tues.	4:30 p.m.	Int.	Ray
Tues.	5:30 p.m.	Intro.	Ray
Wed.	8:30 a.m.	Begin Mat & Ref	Ray
Wed.	6:30 p.m.	Int/Adv.	Cynthia
Thurs.	9:30 a.m.	Classical	Peter
Thurs.	5:30 p.m.	Begin Mat & Ref	Peter
Thurs.	6:30 p.m.	Int I	Ray
Thurs.	7:30 p.m.	Level II	Ray
Fri.	9:30 a.m.	Intro	Ray

## Calorie Burning Intensive

Shed pounds and inches  
 Slim down and tone up with this  
 high-intensity combination of  
 Pilates, Plyometrics, Aerobics, Yoga  
 and Core Synergistics

Mondays at 9:30 a.m.  
 Wednesdays at 9:30 a.m.  
 Fridays at 10:30 a.m  
 Classes are 1 hour long  
 Cost \$20 per class

## Pilates at your Business

We can deliver high quality Pilates training onsite.  
 A fun, safe approach to help your personnel get stronger  
 and stay healthy.  
 Call 508-754-3327 and let us design a program for your  
 business