



Richard Wambach &lt;richardlw47@gmail.com&gt;

## Happy Holidays from Body Be Well

Body Be Well &lt;info@bodybewell.org&gt;

Thu, Dec 1, 2011 at 3:40 PM

Reply-To: info@bodybewell.org

To: richardlw47@gmail.com

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**GIVE THE GIFT OF HEALTH THIS  
HOLIDAY SEASON**  
***WE WRAP AND SHIP FOR FREE!!***

**PURCHASE YOUR GIFT CERTIFICATES  
FROM**



**TODAY AND SAVE!!**

***2 weeks of unlimited  
open studio classes***  
***\$69***

***Choose as many yoga, cardio springboard, burn at  
the barre, and pilates mat classes as you would like!***

***All the Best Package***  
***\$149***

***INCLUDES:***

***1 Private Pilates Session***  
***2 Group Reformer Classes***

### In This Issue

Give the Gift of Health

Save the Date

Personal Training

**Body Be Well now  
offers  
Personal Training!!**

**2 Sessions for \$100  
or train with a friend for  
only \$35 per person**

call [845-233-8533](tel:845-233-8533)

or  
email

[andrewmakenzie@gmail.com](mailto:andrewmakenzie@gmail.com)

Andrew was born and raised in  
Red Hook, New York. Athletics

**3 Open Studio Classes of your choice**

**ToeSox and/or Shashi Socks**  
**2 for \$20**  
**or**  
**\$12 each**

SAVE THE DATE

*In Appreciation of Another Successful Year*



*Invites You To Join Us for a New Year's  
 Open House*

**SATURDAY JANUARY 14TH,**  
**2012**  
**10:00AM-3:00PM**

*DON'T MISS OUT ON:*

- FREE 30 minute trial classes
  - FREE Private Sessions
    - Gift Bags
    - Massage
  - Gigi Hudson Valley
- Twiggy Stuart Trunk Show
- Raffle to Benefit S.E.E.D.

*call today and reserve your spot  
 and/or for more information*

**845-758-0790**

have always played a key role throughout his life, while growing up and as a career path, participating in basketball, baseball, and track. He graduated Dutchess Community College with an A.S. in Exercise Science and Wellness, is a certified Person Trainer with A.C.S.M., and certified in CPR/AED and First Aid. While always looking for new and interesting workout routines, he strongly bases training routines around plyometrics, calisthenics, and body balance techniques.

**START YOUR PILATES  
 CAREER NOW!!**

The Most Comprehensive  
 Teacher Training Program to  
 Become a Pilates Professional

Mat Pilates - 3 weeks  
 Reformer - 6 weeks  
 Cadillac - 3 weeks  
 Wunda Chair and Review - 2.5  
 weeks  
 \$4445 All Inclusive  
 NO Extra Fees or Courses

*March 26th-July 2nd 2012*  
*Tuesdays and Thursdays*  
*6-9:30pm OR Wednesdays*  
*and Fridays 12-4pm*

Please contact Chelsea at  
[Chelsea@BodyBeWell.org](mailto:Chelsea@BodyBeWell.org) or  
 visit

[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)  
 to learn more about this  
 fantastic career opportunity!



[info@bodybewell.org](mailto:info@bodybewell.org)

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Body Be Well | 7578 North Broadway | Suite 1&3 | Red Hook | NY | 12571

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