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February News from Body Be Well

Body Be Well <info@bodybewell.org>

Reply-To: info@bodybewell.org

To: richardlw47@gmail.com

Wed, Feb 1, 2012 at 3:00 PM

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FREE week of
unlimited open studio
classes



PURCHASE OUR INITIAL
PILATES PRIVATE
SESSION FOR ONLY \$39
AND GET ONE WEEK OF
FREE UNLIMITED OPEN
STUDIO CLASSES!

*Take as many pilates mat,
yoga, cardio springboard,
and burn at the barre
classes as you want!*

Our Price:
\$39

Is 2012 Your Year for a NEW
Career?



Graduating Skilled and Successful Instructors
For Over 10 years

Professional Teacher Training Programs
And PMA's Workshops Now Offered Year-Round

Learn Classic and Progressive Styles on all of the
Models of Balanced Body Equipment in a Small Group

Body Be Well is proud to offer the
internationally recognized Pilates Sports
Center Teacher Training Program.

The Cutting Edge Approach to Pilates
Teacher Training - PSC teaches a
contemporary approach to the method
developed by Joseph Pilates in the
1920s; one that preserves the essence
of the original technique but
incorporates today's knowledge and
principals.

Students will learn the Classical and
Progressive approach to Pilates all in
one program using a beautiful,
organized photographic manual.

ALL INCLUSIVE \$4445.00
March 26th - July 2nd
Wednesday and Friday daytime
OR Wednesday evenings and
Saturday afternoons!

GOT A MATE?...
LOSE SOME WEIGHT...

You and your significant other are treated to a Semi-Private Session Package
with Cheryl

at Body Be Well!

\$175.00 for 5 Sessions per person (regularly \$200)

~SAVE \$50.00~

email CherylK@bodybewell.org

or call 845-758-0790

*Purchase must be made in the month of February 2012.
Good for six months after purchase.*

5 Group Reformer
Classes for only \$100
~ a \$25 savings ~



PURCHASE 5
GROUP REFORMER
CLASSES FOR ONLY \$20
A PIECE INSTEAD OF \$25
UNTIL THE END OF THIS
MONTH!

*Choose from any of our
group reformer, group
reformer with jumpboard,
and/or circuit classes!*

Our Price:
\$100

Valentine's Day Special!
\$20 off any session- Feb. 14 only
Schedule your session now!

Bargain Days!
Feb 10, Feb 17 & Feb 24
Only \$20 for a 30 minute acupressure massage
Gain vitality and relieve stress!
(Session is done fully clothed as you lie comfortably on your back)

Sessions by appointment at Body Be Well.
Lisa Ravetto can be reached at [518-851-7952](tel:518-851-7952) or lisaravetto@yahoo.com

**1st
BURN
AT THE
BARRE
CLASS
FREE**

The latest in sculpting and toning at the Ballet Barre. These routines have been fine tuned to deliver the best results based on the best the Barre has to offer without the knee or low back issues. We use light weights to sculpt the arms, tough ab and glute work on the floor, and of course, Barre work with variations you have never seen or felt. Join us and change up your routine to keep your body changing in the right direction.

Offer Expires: March 1st



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