



**THE BODY LAB**  
PILATES & YOGA STUDIO

# March 2017

Register for classes online at [www.bodylabwellness.net](http://www.bodylabwellness.net)

Private Lessons Available! Call (607) 621-8285 or Email [Bodylabwellness@gmail.com](mailto:Bodylabwellness@gmail.com) for Appointments or Questions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Pilates Equipment</i> \$22 5 Equip / \$100</p>			<p><b>1</b> 9:45am Pilates Barre 5:30pm 30 min Equip 6:05pm 30 min Equip</p>	<p><b>2</b> 8:15am Mat Tower Chair 5:30pm BCC Equipment</p>	<p><b>3</b> 10:30am Pilates Equip 5:30pm Pilates Equipment 6:30pm Pilates System</p>	<p><b>4</b> 8am 30min Pilates Equip 9am Pilates Mat</p>
<p><b>5</b> RATES: <i>Pilates Mat \$15</i> <i>10 mat classes \$120</i> <i>(6 mo exp)</i></p>	<p><b>6</b> 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat</p>	<p><b>7</b> 9:45am Pilates Equip 11am Pilates System 5:45pm Pilates Barre</p>	<p><b>8</b> 9:45am Pilates Barre 5:30pm 30 min Equip 6:05pm 30 min Equip</p>	<p><b>9</b> 8:15am Mat Tower Chair 5:30pm BCC Equipment</p>	<p><b>10</b> 10:30am Pilates Equip 5:30pm Pilates Equipment 6:30pm Pilates System</p>	<p><b>11</b> 8am 30min Pilates Equip 9am Pilates Mat</p>
<p><b>12</b> <i>Don't forget to....</i>  <i>Spring Forward!</i></p>	<p><b>13</b> 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat</p>	<p><b>14</b> 9:45am Pilates Equip 11am Pilates System 5:45pm Pilates Barre</p>	<p><b>15</b> 9:45am Pilates Barre 5:30pm 30 min Equip 6:05pm 30 min Equip</p>	<p><b>16</b> 8:15am Mat Tower Chair 5:30pm BCC Equipment</p>	<p><b>17</b> 10:30am Pilates Equip 5:30pm Pilates Equipment 6:30pm Pilates System               HAPPY ST. PATRICK'S DAY  </p>	<p><b>18</b> 9am Pilates Mat</p>
<p><b>19</b> <i>New client special</i> <i>3 private lessons</i> \$135</p>	<p><b>20</b> 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat   </p>	<p><b>21</b> 9:45am Pilates Equip 11am Pilates System 5:45pm Pilates Barre</p>	<p><b>22</b> 9:45am Pilates Barre 5:30pm 30 min Equip 6:05pm 30 min Equip</p>	<p><b>23</b> 8:15am Mat Tower Chair 5:30pm BCC Equipment</p>	<p><b>24</b> 10:30am Pilates Equip 5:30pm Pilates Equipment 6:30pm Pilates System</p>	<p><b>25</b> 8am 30min Pilates Equip 9am Pilates Mat</p>
<p><b>26</b> <i>10 private lessons</i> <i>Only \$490</i> <i>30 min reformer</i> \$15/5 for \$60</p>	<p><b>27</b> 9:30am Inter Equip 4:15pm Beg Pilates Equip 5:30 30min Reformer 6:15pm Pilates Mat</p>	<p><b>28</b> 9:45am Pilates Equip 11am Pilates System 5:45pm Pilates Barre</p>	<p><b>29</b> 9:45am Pilates Barre 5:30pm 30 min Equip 6:05pm 30 min Equip</p>	<p><b>30</b> 8:15am Mat Tower Chair</p>	<p><b>31</b> 10:30am Beg Pilates Equip 5:30pm Equipment 6:30pm Pilates System</p>	<p style="text-align: center;">            May your troubles be less            and your blessings be more            And nothing but happiness            come through your door</p>