

PILATES

The Balanced Body® Newsletter

CORETERLY



BB ON THE ROAD Winter 2010

Visit Balanced Body at one of the shows or events we will attend in the next few months around the world. At most of these events you can test our new equipment or partake of a group Allegro® Reformer or EXO™ Chair session with some of the leading instructors in the industry. You can also purchase any Balanced Body equipment featured on the show floor, and almost all equipment is also available to pre-purchase.

If you are in the area, come by and say hi!

FEBRUARY

APTA CSM

February 17-20, 2010

San Diego, California

www.ppsapta.org

Pilates on Tour®

February 26-28, 2010

San Diego, CA

www.pilatesontour.com

MARCH

IHRSA

March 10-13, 2010

San Diego, CA

www.ihrsa.com

Pilates on Tour®

March 17-20, 2010

Hong Kong, China

www.pilatesontour.com

April

Pilates on Tour®

April 9-11, 2010

Rehab Summit - Phoenix, AZ

www.pilatesontour.com

BALANCED BODY. PILATES

8220 Ferguson Ave Sacramento, CA 95828
1.800.PILATES (745-2837) | www.pilates.com