

BALANCED BODY[®] INC.
presents



PILATES ARC[™]
ON THE ROAD

*Join us for Pilates Arc[™] on the Road—
we're coming to a city near you!*

Create exciting new Pilates workouts with the Pilates Arc[™].
It's a lightweight Pilates Step Barrel and a whole lot more!

Explore new exercise options at a Pilates Arc Workshop,
and take home your own Pilates Arc.

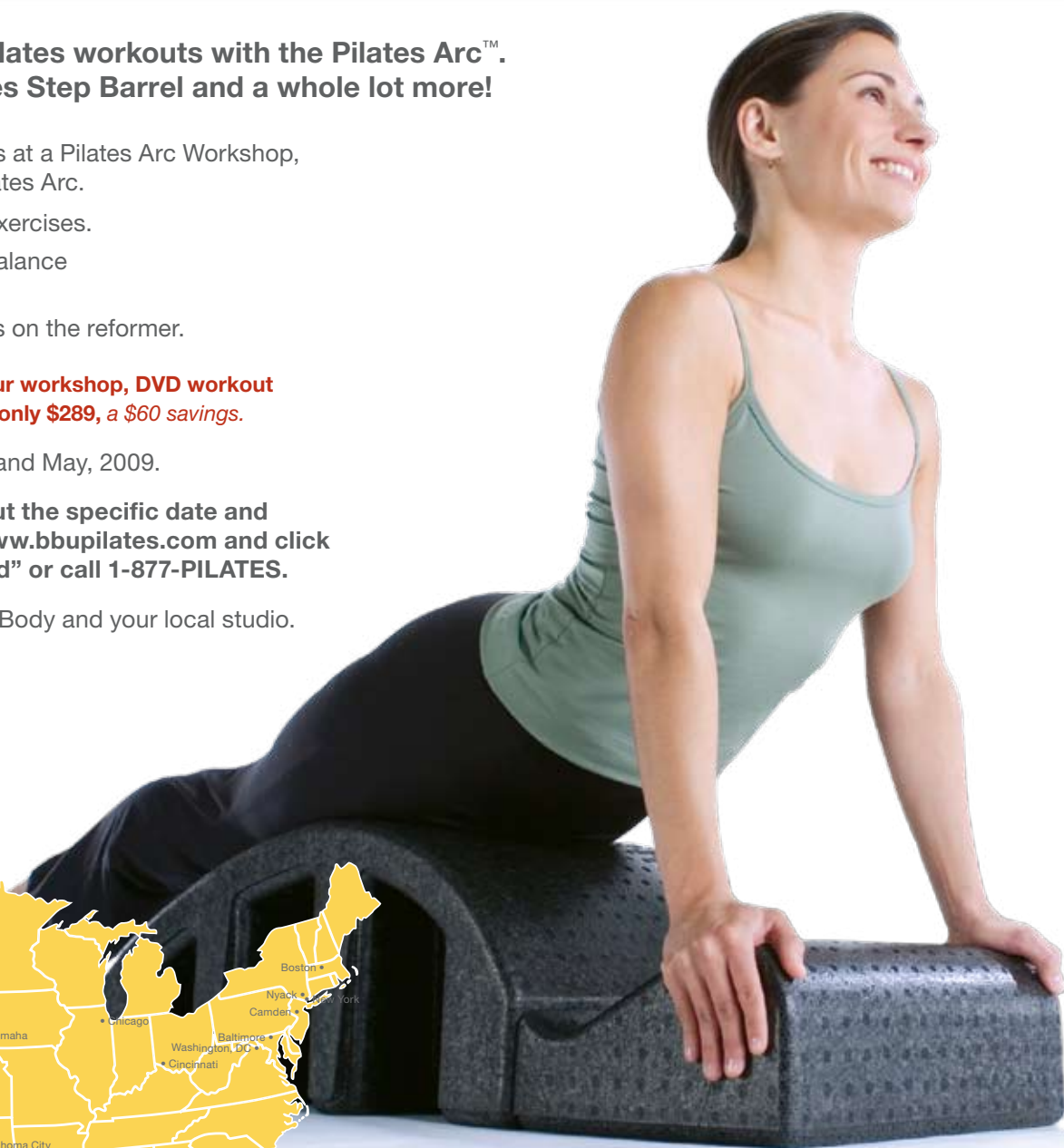
- » Greatly expand your mat exercises.
- » Challenge your core and balance using an unstable surface.
- » Create innovative exercises on the reformer.

**Includes a Pilates Arc[™], 4-hour workshop, DVD workout
and complete manual—all for only \$289, a \$60 savings.**

Workshop dates are in April and May, 2009.

**Sign up or learn more about the specific date and
location near you—visit www.bbupilates.com and click
on "Pilates Arc on the Road" or call 1-877-PILATES.**

Brought to you by Balanced Body and your local studio.



Prices and specifications subject to change without notice.
© 2009 Balanced Body Inc.