



## Warm up with SBL's Winter Workshops

Register Online at [www.studiobodylogic.com](http://www.studiobodylogic.com)

or email us at [studiobodylogic@earthlink.net](mailto:studiobodylogic@earthlink.net) for more information or questions

**Wunda Chair with instructor Bonnie Grove:** Joseph Pilates designed this wonderful Wunda Chair for students who wanted to workout daily but whose tiny NYC apartments could not accommodate a reformer. Discover the mysteries of the Wunda Chair.

**Alexandria**                      Saturday, January 30, 1:30pm-3:00pm.....\$40 per person  
*Rescheduled for February 27<sup>th</sup> due to snow.*

*For strong beginning/intermediate students and above.*

**Valentine's Couples Massage with instructor and LMT Jessie Savage:** A not-to-be missed workshop where couples learn basic massage techniques to relax tired muscles, reduce stress and increase intimacy. A perfect Valentine's gift!

**Arlington**                      Saturday, February 13<sup>th</sup>    1:00-3:00pm.....\$75 per couple  
**Alexandria**                      Saturday, February 13<sup>th</sup>    4:00-6:00pm.....\$75 per couple

**March Madness – SBL Style: Reformer on the Mat:** This will be a challenge for all students as we review each exercise of the beginning system and then take it on the mat (even advanced students will be challenged)!

**Arlington**                      Saturday, March 6<sup>th</sup>            1:00-2:15pm....\$40 per person  
**Alexandria**                      Saturday, March 20<sup>th</sup>        1:30-2:45pm....\$40 per person

*Open to all apparatus students and beginning/intermediate and above mat students*