

B	W	E	L	L
Take a Class or Session on Saturday & Sunday	# Us in a Post on Instagram	5 Instructor Facts	Pilates Mat Class with Andrew	Class with a BBW Instructor IN Class
3 Equipment Classes in 1 Week	TRX Class	Eyes Closed	1 Minute Pilates Wall Squat with a Friend	Jump Board Class
Private Pilates "Check-In" Session	Take with a Pregnant Teacher (aka Rachael)	FREE (if you do your 100)	2 Classes Under 24 Hours	Chelsea on Back to Back Days
Class or Session on Chair or Cadillac	Post a Review on our BBW Facebook Page	Class or Session with "new" Teacher	Bring a Friend to Class	Do the Roll Up Holding Stella
Balance for 30 Seconds with	2 Minute Plank Challenge with any BBW Instructor	Hold Teaser for 1 minute with Shannon	Wear BBW Gear to 2 Classes	4 Female Instructed Classes in 1 Week

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Take with a Pregnant Teacher (aka Rachael)	1 Minute Pilates Wall Squat with a Friend	Pilates Mat Class with Andrew	3 Equipment Classes in 1 Week	Eyes Closed
5 Instructor Facts	Wear BBW Gear to 2 Classes	Class with a BBW Instructor IN Class	2 Minute Plank Challenge with any BBW Instructor	Jump Board Class
Class or Session on Chair or Cadillac	2 Classes Under 24 Hours	FREE (if you do your 100)	Chelsea on Back to Back Days	# Us in a Post on Instagram
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Private Pilates "Check-In" Session	4 Female Instructed Classes in 1 Week	FREE (if you do your 100)	Post a Review on our BBW Facebook Page	Bring a Friend to Class
Take with a Pregnant Teacher (aka Rachael)	Jump Board Class	Pilates Mat Class with Andrew	Wear BBW Gear to 2 Classes	5 Instructor Facts
Chelsea on Back to Back Days	# Us in a Post on Instagram	Eyes Closed	3 Equipment Classes in 1 Week	Balance for 30 Seconds with