

Neighborhood Meeting Report

October 6, 2025, 6:30pm

btone Pilates Studio at 152-158 Broadway

Main Participants

Lexie Payne, PPZ Planner for the City (“Payne”)

Michael LaRosa, counsel for the applicants (“LaRosa”)

Kara and William Bates, the applicants (“Kara” and “Billy”, respectively, or collectively the “Applicants”)

Matt McLaughlin, City councilor (“Councilor McLaughlin”)

Purpose

Discuss special permit application for the Applicant’s proposed BTone Pilates studio at 158 Broadway for public comment.

Meeting Summary

LaRosa explained the general purpose of the meeting and introduced Kara, who narrated a Powerpoint presentation (a copy of which is attached hereto for reference) to present her case for the Special Permit to operate the proposed btone pilates fitness studio.

Kara, along with Billy, presented an overview of btone Fitness, a franchise studio to be located at 158 Broadway, highlighting its unique approach to reformer fitness Pilates. She explained that btone offers approximately 45-minute classes with a maximum of approximately 12 clients, utilizing custom reformer machines designed for various fitness levels. Kara emphasized the method's focus on slow movements for fast results, with exercises adapted to meet individual needs, and expressed the studio's eagerness to engage with the East Somerville community.

Michael and Kara discussed the upcoming launch of btone Fitness in East Somerville, highlighting its affordability and community-focused approach compared to other gyms in the area. They emphasized the studio's small class size of up to approximately 13 people, including the instructor, in a boutique setting, which will minimize disruption to the neighborhood. Kara mentioned that the studio will offer flexible membership options and personalized service, with plans to open shortly after a teacher training session in late November, pending approvals and the expiration of applicable appeals periods.

Councilor McLaughlin briefly asked about the yoga vs. Pilates offering, to which Kara confirmed it would be Pilates only for the time being, but that they would be open to suggestions in the future after the business is opened and established.

A chance for public comment was allowed, with only one participant responding and providing feedback, which was a positive written comment about looking forward to the opening of the proposed business. After some small talk among the parties about timing, the meeting was ended.

Submittal Requirements:

No concerns were raised at the meeting.

Only positive feedback was received at the meeting, so no changes to the proposed development were made.

A notice of the meeting was mailed to all persons on the abutter's list generated by the City on Sept 20, 2025, and copies of the same notice were physically dropped at each of the addresses on the abutter's list so as to provide notice to residents as well as owners on Sept. 21, 2025. The abutters list, as well as an affidavit from the party that hand-delivered the notices, are attached hereto.

A roster of all attendees to at the Neighborhood Meeting via Zoom is attached hereto.

A copy of the Powerpoint presentation shown at the Meeting is attached hereto.

participants_82293861739_2025_10_07

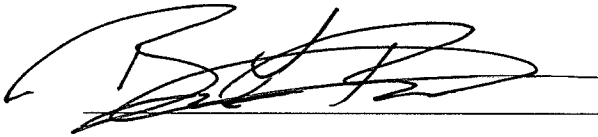
Topic	ID	Host	Duration (minutes)	Start time	End time	Participants
btone Neighborhood Meeting	82293861739	Michael LaRosa (michael@mlarosaw.com)	23	10/06/2025 06:25:03 PM	10/06/2025 06:48:02 PM	8
Name (original name)	Email	Join time	Leave time	Duration (minutes)	Guest	In waiting room
Pat		10/06/2025 06:25:03 PM	10/06/2025 06:48:00 PM	23	Yes	No
Marcelino Alarcon		10/06/2025 06:25:06 PM	10/06/2025 06:48:02 PM	23	Yes	No
Kara Bates		10/06/2025 06:25:29 PM	10/06/2025 06:48:00 PM	23	Yes	No
Lexie Payne- PPZ Planner		10/06/2025 06:29:29 PM	10/06/2025 06:48:00 PM	19	Yes	No
Michael LaRosa	michael@mlarosaw.com	10/06/2025 06:29:51 PM	10/06/2025 06:48:02 PM	19	No	No
Tricia (Patricia Bowie, CZM)		10/06/2025 06:31:14 PM	10/06/2025 06:46:05 PM	15	Yes	No
matthew mclaughlin		10/06/2025 06:32:17 PM	10/06/2025 06:45:32 PM	14	Yes	No
Eric		10/06/2025 06:33:31 PM	10/06/2025 06:47:46 PM	15	Yes	No

MBLU	Location	Owner Name	Co-Owner Name	Address 1	Address 2	City, State, Zip
89/ I/ 13/ I	133-139 BROADWAY	133-139 BROADWAY LLC		102 BROADWAY		SOMERVILLE, MA 02145
89/ J/ 13/ I	141 BROADWAY	ARMANDO REALTY LLC		20 CHARLES AVE		REVERE, MA 02151
89/ J/ 13/A/ I	145 BROADWAY	ARMANDO REALTY LLC		20 CHARLES AVE		REVERE, MA 02151
89/ K/ 12/ I	161 BROADWAY	SOMERVILLE REALTY VENTURES LLC		P O BOX 345		SOMERVILLE, MA 02143
89/ K/ 15/ I	15-25 CROSS ST EAST	CITY OF SOMERVILLE	PLAYGROUND	93 HIGHLAND AVE		SOMERVILLE, MA 02143
89/ L/ 8/ I	167 BROADWAY	167 BROADWAY REALTY HOLDING LLC		167 BROADWAY		SOMERVILLE, MA 02145
89/ L/ 9/ I	171 BROADWAY	TRUST M & D REALTY		171 BROADWAY		SOMERVILLE, MA 02145
90/ C/ 2/ I	182 BROADWAY	YIHE PATSY'S CORPORATION		122A FOOTHILL BLVD #4		ARCADIA, CA 91006-2505
90/ C/ 3/ I	176 BROADWAY	YIHE PATSY'S CORPORATION		122A E FOOTHILL BLVD #4		ARCADIA, CA 91006-2505
90/ C/ 4/ I	174 BROADWAY	ART HOLDINGS LLC		21 A KILBY STREET		WOBURN, MA 01801
90/ C/ 6/ I	168 BROADWAY	MID CROSS INC		168 BROADWAY		SOMERVILLE, MA 02145
90/ C/ 9/ I	11 CROSS ST PL	CITY VISTA LLC		217 DERBY ST		NEWTON, MA 02465
90/ C/ 20/ I	3 BONAIR ST	UTTARO WAYNE		56 LINDENWOOD RD		STONEHAM, MA 02180
90/ D/ 1/ I	160 BROADWAY	RCG 160 BROADWAY LLC		17 IVALOO STREET SUITE 100		SOMERVILLE, MA 02143
90/ D/ 11/ I	23 RUSH ST	ELECTRA REALTY CORP		215 WASHINGTON ST		SOMERVILLE, MA 02143
90/ D/ 16/ I	28 CROSS ST	28 CROSS STREET LLC		235 MARGINAL ST		CHELSEA, MA 02150
90/ E/ 1/ I	144 BROADWAY	ALARCON MERCELINO & ANA MARGARITA		71 OAKWOOD AVE		REVERE, MA 02151
90/ E/ 2/ I	140 BROADWAY	VALDIVIESO WALTER & CECELIA		91A WEST ST		WILMINGTON , MA 01887
90/ E/ 5/ I	130 BROADWAY	130 BROADWAY LLC	C/O JON PUCKER	240 NEWBURY ST SUITE 301		BOSTON, MA 02116
90/ E/ 19/ I	6 RUSH ST	IVY INTERNATIONAL REALTY LLC		P.O. BOX 632		BURLINGTON, MA 01803
89/ J/ 10/ I	14 WISCONSIN AVE	BOTEIN SHEILA R TRUSTEE & PETERSON P		14 WISCONSIN AVE		SOMERVILLE, MA 02145
89/ J/ 12/ I	8 WISCONSIN AVE	REYES PASCUAL LOPEZ &	BLANCA M AYALA LOPEZ	8 WISCONSIN AVE		SOMERVILLE, MA 02145
89/ J/ 17/ I	7 MINNESOTA AVE	PINA WILLIAM & LOPEZ DE PINA ELSY	RAMIREZ JOSE G & LOPEZ NANCY	7 MINNESOTA AVE		SOMERVILLE, MA 02145
89/ J/ 18/ I	11 MINNESOTA AVE	RYAN JOSEPH L & MARY ANN FOR LIFE	ANDERSON C TR RYAN FAMILY TRUST	15 MINNESOTA AVE		SOMERVILLE, MA 02145
89/ K/ 10/ I	16 MINNESOTA AVE	MARTINS TRUST LLC		1 NAOMI DR		GLOUCESTER, MA 01930
89/ K/ 11/ I	12 MINNESOTA AVE	SINGH DALVIR	KAUR MANJIT	12 MINNESOTA AVE		SOMERVILLE, MA 02145
89/ L/ 4/ I	14 CROSS ST EAST	GT SOMERVILLE REAL ESTATE LLC		10 ORCHARD LANE		LYNNFIELD, MA 01940
89/ L/ 5/ I	12 CROSS ST EAST	ALSTON-CROSS STREET TRUST LLC		1 NAOMI DR		GLOUCESTER, MA 01930
89/ L/ 6/ I	10 CROSS ST EAST	GT SOMERVILLE REAL ESTATE LLC		10 ORCHARD LANE		LYNNFIELD, MA 01940
89/ L/ 7/ I	8 CROSS ST EAST	KRYLOVA OLENA & YEGOR		8 CROSS ST EAST		SOMERVILLE, MA 02145
89/ L/ 10/ I	7 GARFIELD AVE	RODERICK CF & JP & LJ TRUSTEES	RODERICK MA TRUST	18 ACRE RD		BILLERICA, MA 01821
90/ C/ 7/ I	5 CROSS ST	XU LINA & WEI JIONG		16 WAGON WHEEL RD		WINCHESTER, MA 01890
90/ C/ 7/A/ I	7 CROSS ST	YAGCIOGLU ALPASLAN		487 BOYLSTON ST		NEWTON, MA 02459
90/ C/ 8/ I	9 CROSS ST	ANY PROPERTY REHAB LLC		955 GOFF FALLS RD #5282		MANCHESTER, NH 03108
90/ C/ 10/ I	5 CROSS ST PL	MARROQUIN LUCIA TRUSTEE	MARROQUIN 2020 TRUST	5 CROSS ST PL		SOMERVILLE, MA 02145
90/ C/ 10/A/ I	7 CROSS ST PL	LIAO ERIC		13101 40TH ROAD APT 18V		FLUSHING, NY 11354
90/ C/ 14/ I	8 CROSS ST PL	CHEUNG WAI C		PO BOX 441499		SOMERVILLE, MA 02143
90/ C/ 15/ I	15 CROSS ST	CROSSROADS REALTY INVESTMENTS LLC		6 ANNA RD		BURLINGTON, MA 01803
90/ C/ 16/ I	17 CROSS ST	CERNA GERALDINE J		17 CROSS ST		SOMERVILLE, MA 02145
90/ C/ 17/ I	19 CROSS ST	COSTA SILVESTRE & FILOMENA FOR LIFE	ELISABETE ALMEIDA FERNANDES TRUSTEE	1695 NORTH SHORE ROAD UNIT 13		REVERE, MA 02151
90/ C/ 18/ I	21 CROSS ST	LIU BAOHUA & YANG JINLAN		85 THORNDIKE ST		CAMBRIDGE, MA 02141
90/ C/ 32/ I	7 LOUISBURG PL	ESTATE OF DONATI MARY R ET AL		7 LOUISBURG PL		SOMERVILLE, MA 02145
90/ D/ 4/ I	148 BROADWAY	XIA LEON		258 MINISTERIAL DR		CONCORD, MA 01742
90/ D/ 5/ I	7 RUSH ST	CHEN SHU WEN &	WANG SHAO HUA	7 RUSH ST		SOMERVILLE, MA 02145
90/ D/ 6/ I	9 RUSH ST	IACOPUCCI ROBERT L & PAULINE E		9 RUSH ST		SOMERVILLE, MA 02145
90/ D/ 7/ I	11 RUSH ST	MENICHELLI FOSTER G TRUSTEE	MENICHELLI NOM S/O FOSTER MENICHELLI TR	11 RUSH ST		SOMERVILLE, MA 02145
90/ D/ 8/ I	13 RUSH ST	YENGO JOSEPH,SINATRA PHILIP, ANNE	SINATRA ANDREW	13 RUSH ST		SOMERVILLE, MA 02145
90/ D/ 9/ I	15 RUSH ST	ROGERS THERESA HUSSEY	ROGERS MICHAEL	15 RUSH ST		SOMERVILLE, MA 02145
90/ D/ 10/ I	17 RUSH ST	CHRISTOPHERSON COLIN M		17 RUSH ST		SOMERVILLE, MA 02145
90/ D/ 12/ I	21 BROOK ST	IRAHETA TOMASA D & EMERSON A		21 BROOK ST		SOMERVILLE, MA 02145
90/ D/ 14/ I	25 BROOK ST	HAMEL DIANNE & SALVATO PATRICIA &	LUCAS MICHAEL	25 BROOK ST		SOMERVILLE, MA 02145
90/ D/ 15/ I	27 BROOK ST	MAGLOIRE CHENET	MARIE FRANCOISRE	27 BROOK ST		SOMERVILLE, MA 02145
90/ D/ 17/ I	22 CROSS ST	JACOBSON CONNOR & BUDAS BENJAMIN		22 CROSS ST		SOMERVILLE, MA 02145
90/ D/ 19/ I	20 CROSS ST	CHAVES JORGE	& SANTOS MARGARIDA	23 TERESA CIR		ARLINGTON, MA 02474
90/ D/ 20/ I	16 CROSS ST	AHEARN EDNA O		18 CROSS ST		SOMERVILLE, MA 02145
90/ D/ 21/ I	14 CROSS ST	CERNA ROSY & HUGO O		307 SOMERVILLE AVE		SOMERVILLE, MA 02143
90/ D/ 22/ I	10 CROSS ST	CERNA KEYKO		10 CROSS ST		SOMERVILLE, MA 02145
90/ D/ 23/ I	8 CROSS ST	ZHU JIAN XIN & CHEN LI FANG		8 CROSS ST		SOMERVILLE, MA 02145
90/ D/ 24/ I	6 CROSS ST	ROBICHAUD PAUL JAMES		6 CROSS ST #2		SOMERVILLE, MA 02145
90/ D/ 25/ I	4 CROSS ST	ROBICHAUD ROBERT C TRSTEE	ROBI REALTY TRUST	344 UNION ST		MILLIS, MA 02054
90/ E/ 12/ I	9 BROOK ST	YOUTE EMILIO & ANNE TRS OF	EMILIO YOUTE LVG TR & ANNE YOUTE LVG TR	20 NORTH WARREN ST		WOBURN, MA 01801
90/ E/ 15/ I	16 RUSH ST	REN XI & LU ZHENYAO		16 RUSH ST		SOMERVILLE, MA 02145
90/ E/ 16/ I	14 RUSH ST	LANGONE PATRICIA FOR LIFE		14 RUSH ST		SOMERVILLE, MA 02145
90/ E/ 17/ I	12 RUSH ST	JACOME MICHELLE		12 RUSH ST		SOMERVILLE, MA 02145
89/ J/ 14/ I	149 BROADWAY	TRUSTEES OF THE COLLEGE AVENUE	METHODIST CHURCH OF SOMERVILLE	149-153 BROADWAY		SOMERVILLE, MA 02145
89/ K/ 13/ I	165 BROADWAY	CITY OF SOMERVILLE	COMMUNITY YOUTH CENTER	93 HIGHLAND AVE		SOMERVILLE, MA 02143
90/ D/ 18/ 1/	20R CROSS ST	PEYKAR DAMON		20R CROSS ST #1		SOMERVILLE, MA 02145
90/ D/ 18/ 2/	20R CROSS ST	O JANE MIHA		20R CROSS ST UNIT 2		SOMERVILLE, MA 02145
90/ D/ 18/ 3/	20R CROSS ST	KEMMERLE ALLISON & BARBU ANDREI		20R CROSS ST UNIT 3		SOMERVILLE, MA 02145
89/ J/ 19/ 17/	17 MINNESOTA AVE	COLGAN SARAH E		17 MINNESOTA AVE		SOMERVILLE, MA 02145
89/ J/ 19/ 19/	19 MINNESOTA AVE #19	LOCKHART KELLY	BREITENFELDT	19 MINNESOTA AVE UNIT 19		SOMERVILLE, MA 02145
89/ J/ 16/ 1/	155 BROADWAY #1	RP155 LLC		1 MINNESOTA AVE APT 2		SOMERVILLE, MA 02145
89/ J/ 16/ 1A/	155 BROADWAY #1A	RP155 LLC		1 MINNESOTA AVE APT 2		SOMERVILLE, MA 02145
89/ J/ 16/ 2/	155 BROADWAY #2	RP155 LLC		1 MINNESOTA AVE APT 2		SOMERVILLE, MA 02145
89/ J/ 16/ 3/	155 BROADWAY #3	RP155 LLC		1 MINNESOTA AVE APT 2		SOMERVILLE, MA 02145
90/ D/ 13/ 1/	23 BROOK ST #1	LIU FANG		23 BROOK ST #1		SOMERVILLE, MA 02145
90/ D/ 13/ 2/	23 BROOK ST #2	ASIF MOHSIN		23 BROOK ST 2		SOMERVILLE, MA 02145
90/ D/ 13/ 3/	23 BROOK ST #3	TZAPREV NIKOLA STEFANOV	HRISTOVA EUGENIA	23 BROOK ST #3		SOMERVILLE, MA 02145
90/ D/ 13/ A/	23 BROOK ST #A	JANE MIHA O		20R CROSS ST UNIT2		SOMERVILLE, MA 02145
90/ D/ 13/ B/	23 BROOK ST #B	KEMMERLE ALLISON & BARBU ANDREI		20R CROSS ST UNIT 3		SOMERVILLE, MA 02145
90/ E/ 4/ 134-1/	134 BROADWAY #1	MARBERBLATT ERIC G TRUSTEE	GAMMA REALTY TRUST	6 WHITTIER PL #3C		BOSTON, MA 02114
90/ E/ 4/ 134-2/	134 BROADWAY #2	MARBERBLATT ERIC G TRUSTEE	GAMMA REALTY TRUST	6 WHITTIER PL #3C		BOSTON, MA 02114
90/ E/ 4/ 134-3/	134 BROADWAY #3	MARBERBLATT ERIC G TRUSTEE	GAMMA REALTY TRUST	6 WHITTIER PL #3C		BOSTON, MA 02114
90/ E/ 4/ 136-1/	136 BROADWAY #1	MARBERBLATT ERIC G TRUSTEE	GAMMA REALTY TRUST	6 WHITTIER PL #3C		BOSTON, MA 02114
90/ E/ 4/ 136-2/	136 BROADWAY #2	BHEMBE SYLVESTER Z		BOX 590685		NEWTONCENTER, MA 02459
90/ E/ 4/ 136-3/	136 BROADWAY #3	MARBERBLATT ERIC G TRUSTEE	GAMMA REALTY TRUST	6 WHITTIER PL #3C		BOSTON, MA 02114
89/ J/ 11/ 1/	10 WISCONSIN AVE #1	SHRIBER YALE		10 WISCONSIN AVE 1		SOMERVILLE, MA 02145
89/ J/ 11/ 2/	10 WISCONSIN AVE #2	PILTMAN ATTILA	SHIK MARIA	10 WISCONSIN AVE #2		SOMERVILLE, MA 02145
90/ C/ 19/ 1/	23 CROSS ST #1	LAFOLLETTE ROBERT	LAFOLLETTE FATHIMATH SHAAISTAHA	23 CROSS ST #1		SOMERVILLE, MA 02145
90/ C/ 19/ 2/	23 CROSS ST #2	CHAHARGAMEH ALALEH		23 CROSS ST UNIT 2		SOMERVILLE, MA 02145
90/ C/ 19/ 3/	25 CROSS ST #3	O LINH T		18 EVERETT AVE #3		SOMERVILLE, MA 02145
90/ C/ 19/ 4/	25 CROSS ST #4	FAGONE REBECCA WATSKY		8 ISLAND HILL AVE #215		MALDEN, MA 02148
90/ C/ 19/ 5/	23 CROSS ST #5	TODD KATHERINE		23 CROSS ST #5		SOMERVILLE, MA 02145
90/ E/ 14/ 1/	18 RUSH ST #1	CATONE LOUIS & GIOVANNINI S		18 RUSH ST 1		SOMERVILLE, MA 02145
90/ E/ 14/ 2/	18 RUSH ST #2	FERRITER JASON		675 WASHINGTON ST # 2		BROOKLINE, MA 02446
90/ E/ 13/ B/	24 RUSH ST #B	AMAECHI UCHE		24 RUSH ST B		SOMERVILLE, MA 02145
90/ E/ 13/ C/	24 RUSH ST #C	BOWIE PATRICIA JANE		24 RUSH ST UNIT C		SOMERVILLE, MA 02145
90/ E/ 13/ D/	24 RUSH ST #D	HERTER PAMELA TENNEY		24 RUSH ST D		SOMERVILLE, MA 02145
90/ E/ 13/ E/	24 RUSH ST #E	HANDELL COLLEEN & GILL CARI		24 RUSH ST UNIT E		SOMERVILLE, MA 02145
90/ E/ 13/ F/	24 RUSH ST #F	BROWN HARRISON & MALCOM MELANIE		24 RUSH ST F		SOMERVILLE, MA 02145
90/ E/ 13/ G/	24 RUSH ST #G	NORTHWAY STEPHANIE		24 RUSH ST # G		SOMERVILLE, MA 02145
90/ E/ 13/ H/	24 RUSH ST #H	GRAY COREY		24 RUSH ST UNIT H		SOMERVILLE, MA 02145
90/ E/ 13/ I/	24 RUSH ST #I	BRADLEY PATRICK M		24 RUSH ST UNIT I		SOMERVILLE, MA 02145
90/ E/ 13/ J/	24 RUSH ST #J	KORCZYNSKA MAGDALENA		24 RUSH ST UNIT J		SOMERVILLE, MA 02145
90/ E/ 13/ A/	24 RUSH ST #A	THOMPSON ELIZABETH ANN		24 RUSH ST UNIT A		SOMERVILLE, MA 02145
90/ C/ 13/ 1/	10 CROSS ST PL #1	DAVIS MARION S. AND ERICKSON SEAN D.		10 CROSS ST PL #1		SOMERVILLE, MA 02145
90/ C/ 13/ 3/	10 CROSS ST PL #3	RODRIGUEZ EL KHATIB MUAMMAR &	VARGAS CLAUDIA	10 CROSS ST PL #3		SOMERVILLE, MA 02145
90/ C/ 13/ 2/	10 CROSS ST PL #2	CHAFFEE DEAN MICHAEL		10 CROSS ST PL #2		SOMERVILLE, MA 02145
90/ C/ 11/ 1/	3 ROYCE PL #1	SCOFIELD MELISSA MICHELLE		3 ROYCE PL #1		SOMERVILLE, MA 02145
90/ C/ 11/ 2/	3 ROYCE PL #2	FENG JUSTIN & WANG JING		3 ROYCE PL #2		SOMERVILLE, MA 02145
90/ C/ 11/ 3/	3 ROYCE PL #3	LI JINGYING		3 ROYCE PL UNIT 3		SOMERVILLE, MA 02145
90/ D/ 2/ A/	152-158 BROADWAY	BROADWAY INVESTMENT REALTY, LLC		1 COUNTY CLUB LANE		MIDDLETON, MA 01949

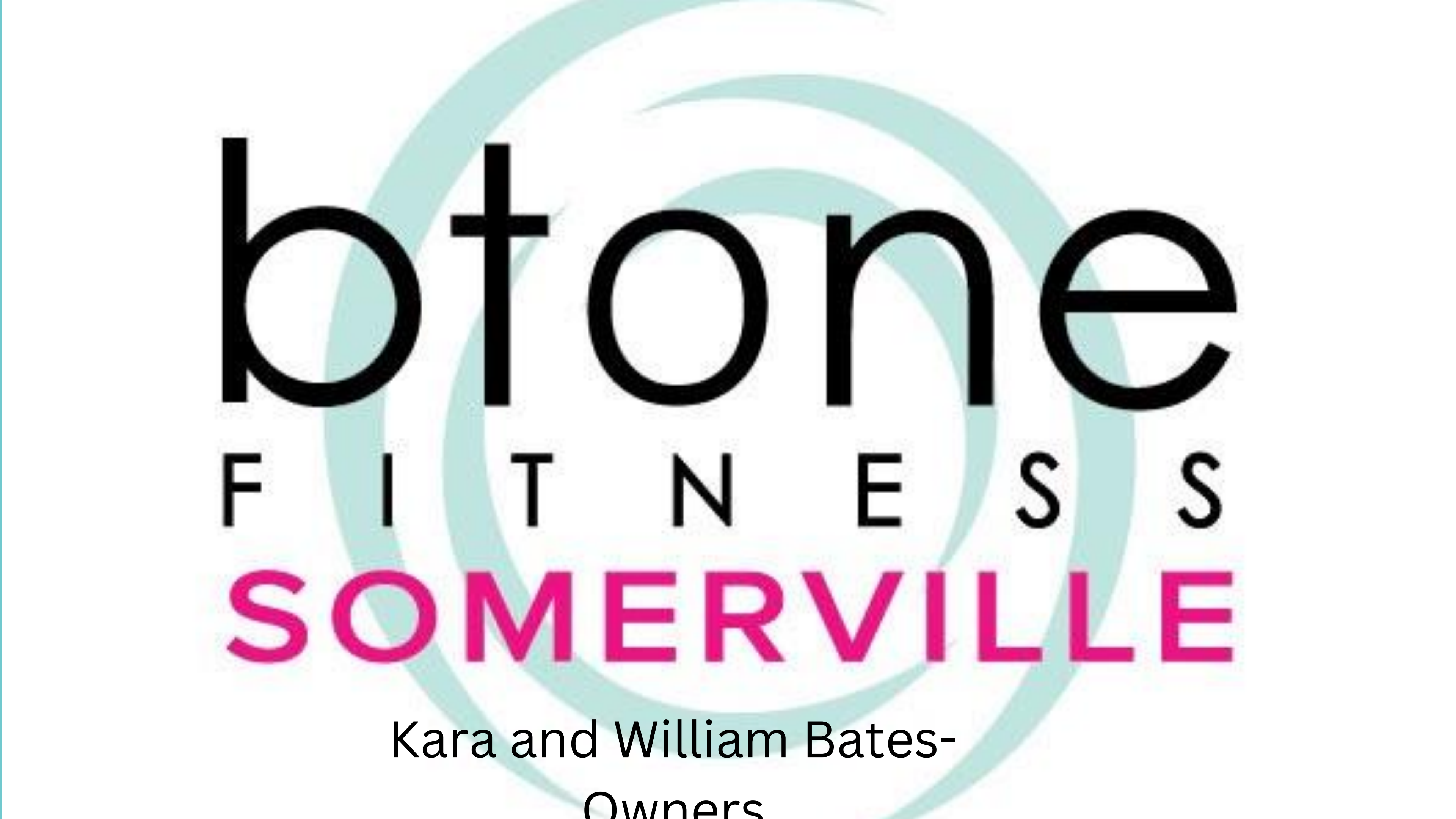
AFFIDAVIT OF COMPLIANCE

I, Breanna Rolland, hereby certify that on Sunday, September 21, 2025, I hand delivered a copy of the Notice of Neighborhood Meeting for the proposed Pilates Studio located at 158 Broadway, Somerville, Massachusetts, scheduled for October 6, 2025, to all abutters within 300 feet of the Site, pursuant to the Abutter List provided by the City of Somerville, including all residential and commercial abutters.

Signed under the pains and penalties of perjury this 26th day of September 2025

A handwritten signature in black ink, appearing to read 'Breanna L. Rolland', written over a horizontal line.

Breanna L. Rolland



b + one

F I T N E S S

SOMERVILLE

Kara and William Bates-
Owners

What is bttone Fitness?

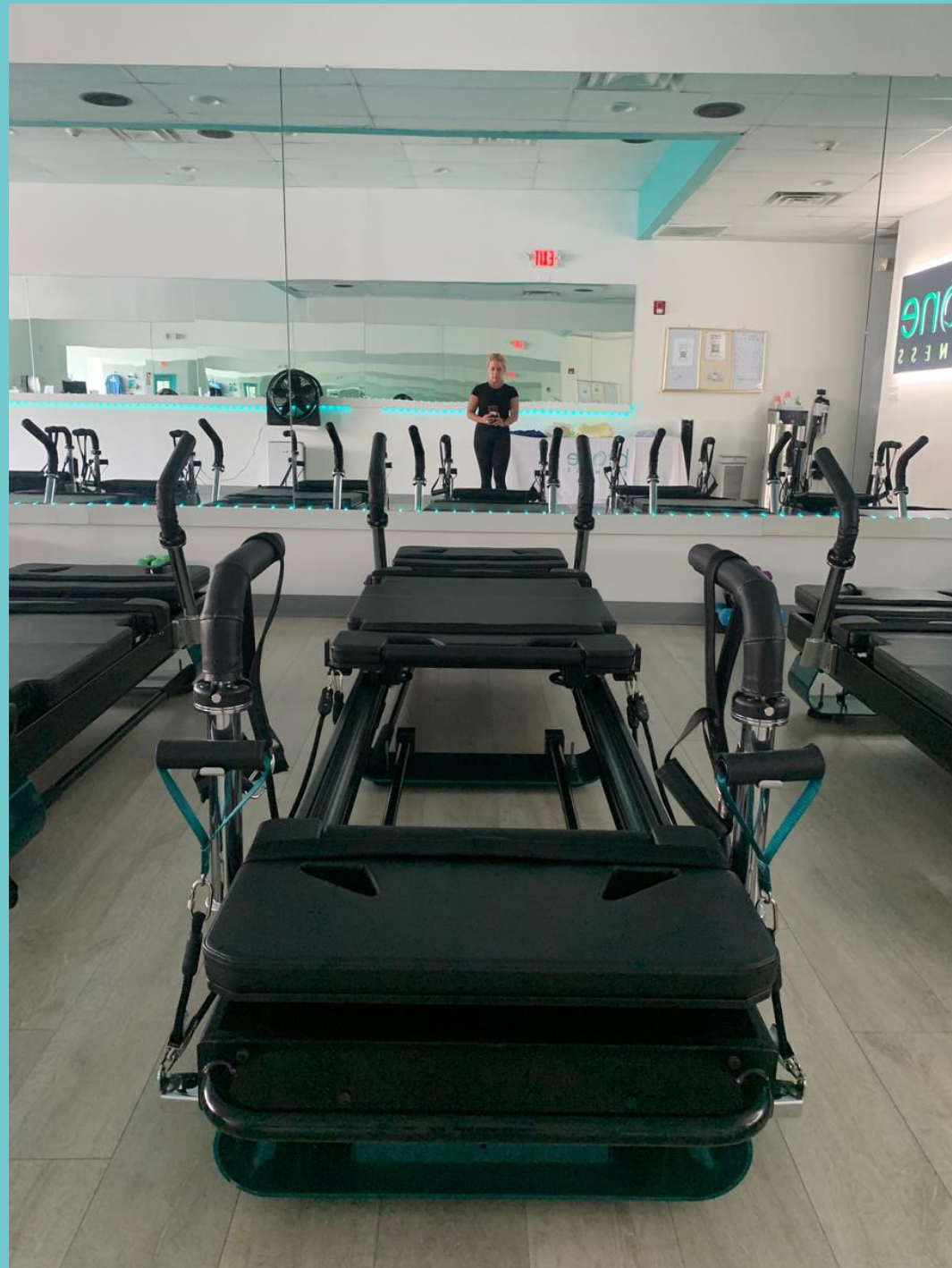
Reformer Fitness. Pilates Remixed.

**Slow Movements, Fast
Results.**

Meet TONeY

The btone FITNESS Custom

Reformer



The Means

More about

TONEy

Composed of two large stable platforms and a smooth, gliding carriage, TONEy delivers an endlessly varied workout – every. single. class.

No shaky rides, just shaky muscles!

Award-Winning Features:

- Long, wide design supports all body types
- Unique hand grips gives multiple comfort options
- Stable construction enables quick transitions
- Sturdy handlebars & adjustable cables compliment dynamic full-body exercises
- 7 springs offer nuanced resistance possibilities
- Ultra-luxe padding provides a seriously posh ride

The Method

Slow Movements, Fast Results.

In just 45 minutes, our signature method checks ALL the boxes:

✓ **Strength Training**

✓ **Functional Movement**

✓ **Balance and Flexibility**

Our secret to strength is moving as slowly as possible.

Slow movements enhance mind-body awareness, prevent injury, and—most of all—achieve a deeper burn that will build your strength and endurance.



The Modifications

At btone, each individual has their own reason for walking through our doors. More times than not we hear how people hesitated because they thought it would be too hard for them.





The truth is everyone, of every fitness level, age, shape and size is welcome here, and our workout is designed to meet you exactly where you are.

IT'S ALL FUN

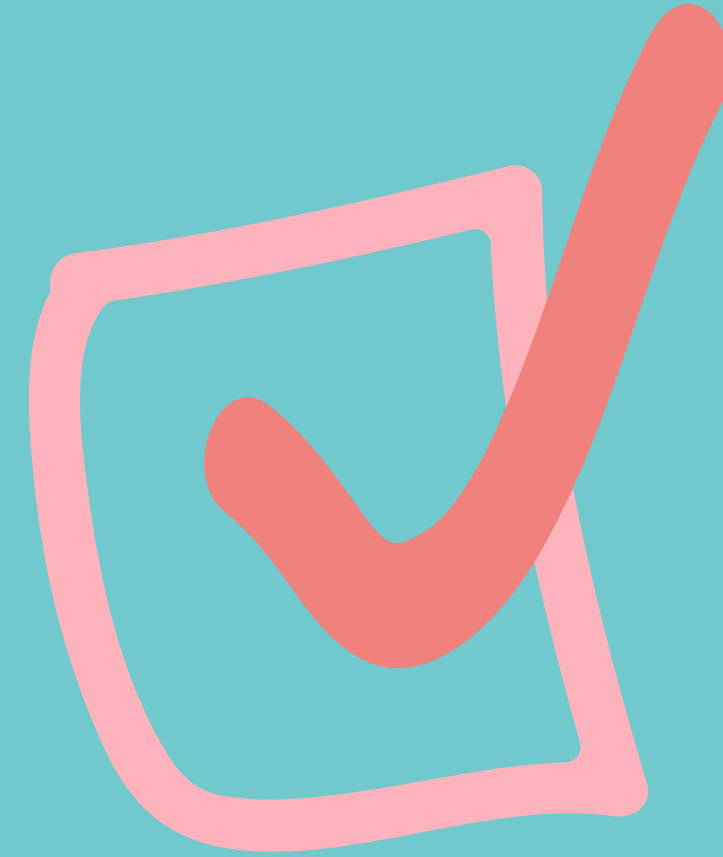


AND SMILES!

Come see for yourself.

To Do List:

- Try a btone class
- Bring a friend
- Feel amazing
- REPEAT!



WE CANNOT WAIT TO MEET THE EAST SOMERVILLE



**Follow us on Instagram and
Facebook**