

# 3-D WORKOUT™

## Instructor Certification, Level I

Unique whole-body training that imparts spatial skills and promotes functional, fascial and brain fitness.

A valuable tool for fitness, movement and manual practitioners in recognizing and restoring essential movement patterns.



### COURSE SCHEDULE

#### THEORY

February 25  
March 4, 11, 18  
May 27

1:30-6:30pm

#### PRACTICUM

March 25  
April 8, 15, 22, 29  
May 6

1:30-5:00pm

### FREE INFORMATION SESSIONS

January 5 & 12 | 6:00-7:15pm

Counterbalance Studio Pilates  
1911 Danforth Avenue, Toronto  
[counterbalancestudiopilates.com](http://counterbalancestudiopilates.com)

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COURSE COST: **\$913**  
*(taxes included)*

*Reserve early as  
class size is limited*

