

Pilates Mat, 3-D Workout™, Qi Gong*, Free Your Fascia, ELDOA & Stability Ball

Experienced? Start any time. Contact: 416-901-2911

Series 1: Sep. 10-Nov.18, 2017

Series 4: Apr. 8-Jun. 16

Series 2: Nov. 19-Jan. 27, 2018

Series 5: Jun.17-Jul. 21

Series 3: Jan. 28-Apr.7

Series 6: Jul. 22-Aug. 25

* Qi Gong: Fall schedule available. Confirm: mganzon@hotmail.com or elainebiagiturner@gmail.com

Pilates Equipment: Ongoing.

NEW! Mat I

Mondays, 8:30-9:30 p.m., \$18/class series, \$20/class drop-in.

Contact Harjit: hello@audaciouswillow.com

NEW! Gentle Stability Ball

Slower paced ballwork for the older crowd. Perfect if you feel balanced challenged or have injuries.

Thursdays, 3:00-4:15, \$20/class series, \$22/class drop-in.

Contact Harjit: hello@audaciouswillow.com

Stability Ball for Relieving Shoulder Tension

Ballwork to strengthen your core, arms and legs while reducing your chronic shoulder tension.

Sundays, 11:15-12:15, \$18/class series, \$20/class drop-in.

Contact Harjit: hello@audaciouswillow.com

ELDOA: The Healthy Back Class

ELDOAs are postural exercises that strengthen the core, improve posture and decompress the spine at every level.

Series \$18/class, drop-in \$20/class. No experience necessary.

Wednesdays, 4:30-5:30 p.m. Contact Sacha: sachak15@hotmail.com

Thursdays, 6:00-7:00 p.m. Contact Sheri: sheri.kimura@gmail.com

Hypopressive Method with Justine Sipprell

Friday, November 17th: Introduction to the Hypopressive Method, 1:30-3:30, \$50.00.

Contact Justine: justine.sipprell@gmail.com

3 Class Pass: 3 classes/\$30! Pilates Mat*, Qi Gong, 3-D Workout™, ELDOA and/or Stability Ball.

*Some prior Pilates mat experience recommended.

Conditions: one-time use only, one pass per individual, 4 week time limit from first class.

Gift Certificates available anytime!

Fees (HST included): For a complete listing of class fees go to www.counterbalancestudiopilates.com.

Biodynamic Craniosacral Sessions with Mary Ganzon Contact Mary: mganzon@hotmail.com

\$85/session for *Counterbalance* clients.

\$100/session for those not taking *Counterbalance* classes.

Please enquire about senior's rates, sliding scale and scholarship options.

Getting Started at Counterbalance

Pilates Mat : One needs prior experience, completion of Foundations for Pilates Mat Work or private lessons.

Talk to any teacher if you need advice on which class to take.

Pilates Equipment: Each participant has their own workout program. To develop your personal workout , we offer private lessons at a discounted rate. If you have prior experience, private lessons may not be necessary.

3-D Workout™: Contact the teacher prior to taking a class. Experience may not be necessary.

Qi Gong, ELDOA & A Class for Nellie's: Contact the teacher prior to taking a class. No prior experience necessary.

New to Counterbalance? Arrive 10 minutes early for your first class to fill out in-take forms. Thank you!

Counterbalance Studio Pilates is a scent free environment.

Information subject to change.

www.counterbalancestudiopilates.com, counterbalancestudiopilates@rogers.com,
(416) 901-2911