

## **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: Winter schedule available. Confirm Mary Ganzon: mganzon@hotmail.com

**Pilates Equipment:** Ongoing.

**Foundations for Pilates Mat Work** Contact Harjit: hello@audaciouswillow.com

Tuesdays, 8:30-9:30 p.m., Jan. 30, Feb. 6, 13, 20, series fee \$60.00

**Adult Ballet Barre** Contact Fiona: fmacdonaldpilates@me.com

Saturdays, 2:45-3:45, January 27, February 3 & 10. \$20/class.

**Core 4 Workshop with Justine Sipprell**, Friday, February 2, 1:30-3:30, \$50.00

This is an introduction to the **Hypopressive Method** and to learning a set of breathing and postural exercises which will bring strength and tone to your core.

Contact Justine: justine@wellmothertoronto.ca 647-962-1563

**3-D Workout™ Level I Instructor Certification** Contact Carrie: 3D.fascianista@gmail.com | 647-273-1943

Theory: Feb. 25, Mar. 4, 11, 18, May 27 1:30-6:30 p.m. Practicum: Mar. 25, Apr. 8, 15, 22, 29, May 6, 1:30-5:00 p.m.

Course fee: \$913. (HST included)

**NEW! Gentle Stability Ball** Contact Harjit: hello@audaciouswillow.com

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.

**Stability Ball for Relieving Shoulder Tension** Contact Harjit: hello@audaciouswillow.com

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.

**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.

Thursdays, 6:00-7:00 p.m. Contact Sheri: sheri.kimura@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](http://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](http://www.counterbalancestudiopilates.com), [counterbalancestudiopilates@rogers.com](mailto:counterbalancestudiopilates@rogers.com),  
(416) 901-2911