

# Series 2018/2019 Counterbalance Studio Pilates

## **Pilates Mat, 3-D Workout™, Free Your Fascia, ELDOA™, Chi Gong & Essentrics®**

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

Summer: Series 6: Jul. 22-Aug. 25; Last Class Sunday 3-D Jul. 29, Good Morning Mat Aug. 2, A Class for Nellie's Aug. 8.

Fall: Series 1: Sept. 9-Nov. 11                      Series 4: Apr. 7-June 9

Series 2: Nov. 18-Jan. 20                      Series 5: Jun. 16-Jul. 14

Series 3: Jan. 27-Mar. 31                      Series 6: July 21-Aug. 18

**Pilates Equipment:** Ongoing.

## **Essentrics® Stretch & Tone, Contact Harjit: harjit@willowfitness.com**

A dynamic, full body workout that increases flexibility and mobility for a healthy, toned and pain-free body.

**Mondays, 8:30-9:30 p.m.**, July 23, 30, August 6 & 13. **Wednesdays, 7:10-8:10 a.m.**, July 25, August 1, 8 & 15.

4 Class Series: \$72., no drop-in.

## **Essentrics® Release, Rebalance & Restore, Contact Harjit: harjit@willowfitness.com**

Regain your mobility while slowly building strength and reawakening the power of your 650 muscles.

Created by the author of the New York Times bestseller, *Aging Backwards*, Miranda Esmonde-White.

**Wednesdays, 10:15-11:00 a.m.**, July 25, August 1, 8, & 15.

4 Class Series: \$54., no drop-in.

## **ELDOA™: The Healthy Back Class, Contact Sheri: sheri.kimura@gmail.com**

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

**Thursdays, 6:00-7:00 p.m.**, Series \$18/class, drop-in \$20/class. No experience necessary.

## **NEW!**

### **Chi Gong, Contact Shawn Aarons: shawn.aarons@sympatico.ca, 416-654-9402**

**Sundays, 10-11:00 a.m.**, Starts Series 1 Sept. 9<sup>th</sup>, Series fee \$162. @ \$18/class, \$20/class drop-in

### **Free 1/2 hour Biodynamic Craniosacral Sessions by supervised student practitioners!**

**Contact Brenda: 416-727-5994 Contact Linda: 416-459-8263 or lindaharper66@gmail.com**

### **3 Class Pass: 3 classes/\$30! Pilates Mat\*, 3-D Workout™, ELDOA™, Chi Gong & Essentrics®**

\*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).**

## **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™ & Essentrics®:** Contact the teacher prior to taking a class. Experience may not be necessary.

**ELDOA™, Chi Gong & 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**