

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. 9th, 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.

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