

Series Counterbalance Studio Pilates

Pilates Mat, 3-D Workout™, Free Your Fascia, ELDOA & Apprentice Essentrics.

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 will resume. Please contact the studio for information.

Pilates Equipment: Ongoing.

NEW! 3-D Workout™ Sundays, 10:00-11:00 a.m., Contact Elaine: elainebiagiturner@gmail.com

June 17, 24, July 8, 15, 22. Series: \$75 @ \$15/class. Drop-in \$18/class.

3-D Workout™ classes continue on Wednesdays 2:00-3:00 and Saturdays 1:30-2:30.

NEW! Foundations for Pilates Mat Work, Contact Elaine: elainebiagiturner@gmail.com

Sundays, 1:00-2:15, June 17, 24, July 8 &15. Series: \$60.

NEW! Youth Classes: Pilates & ELDOA Foundations, Contact Sheri: sheri.kimura@gmail.com

Thursdays, 8:40-9:30 p.m., June 28, July 5, 12, 19 &26. 5 week series: \$80/student; maximum 6 students.

This is a class series for youths, suggested ages 12-15, who wish to gain strength and flexibility, enhance their athletic activities or to simply add healthy movement into their lives. We combine classical Pilates mat work with ELDOA postures to teach alignment, discover core strength and improve body image. All welcome. No experience necessary.

Essentrics Apprentice Classes Contact Harjit: harjit@willowfitness.com

Mondays, 8:30-9:30 p.m., June 18, 25, July 9, 16 (no class July 2nd).

Wednesdays, 8:40-9:40 p.m., June 20, 27, July 4, 11 & 18.

Series \$15/class, drop-in \$17/class. No experience necessary.

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.

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 & Apprentice 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™: Contact the teacher prior to taking a class. Experience may not be necessary.

ELDOA, Qi 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**