

# Series Counterbalance Studio Pilates

## 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: Series #4 schedule available. Confirm Mary Ganzon: mganzon@hotmail.com

**Pilates Equipment:** Ongoing.

**Essentrics Apprentice Classes Contact Harjit:** harjit@willowfitness.com

Series \$15/class , \$17/class drop-in  
Mondays, 8:30-9:30 p.m., May 7, 14, 28 & June 4 (No class May 21 & June 11)  
Wednesdays, 8:40-9:40 p.m., May 16, 23, 30, June 13 (No class June 6).

## Mindful Motion introduces GYROKINESIS®

Contact Carol: carol.anderson2@sympatico.ca  
Unique and gentle sequences of flowing movements integrate breath and motion.  
Tuesdays, 2:00-3:00 p.m., April 17, 24, May 1 & 8, Series/\$50, \$15/class drop-in.

**Core 4 Workshop with Justine Sipprell Contact Justine:** justine.sipprell@gmail.com

Friday, May 25, 1:30-5:00 p.m., \$85.00, maximum 6 participants

**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.

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

\$85/session for Counterbalance clients. \$100/session for non-Counterbalance clients.  
Please enquire about senior's rates, sliding scale and scholarship options.

**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\*, 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).

## 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