

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**

Series 1: Sept. 9-Nov. 17 Series 4: Apr. 7-June 15
Series 2: Nov. 18-Jan. 26 Series 5: Jun. 16-Jul. 20
Series 3: Jan. 27-Apr. 6 Series 6: July 21-Aug. 24

Pilates Equipment: Ongoing.

NEW!

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

Sundays, 10-11:00 a.m., Series fee \$18/class, Drop-in fee \$20/class

NEW!

3-D Workout™, Contact Elaine: elainebiagiturner@gmail.com

Sundays, 11:15-12:15, Series fee \$18/class, Drop-in fee \$20/class

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

Essentrics®, Contact Harjit: harjit@willowfitness.com

Strengthen and lengthen all 650 muscles as you move to music.

Mondays, 8:30-9:30 p.m. Series fee: \$18/class, Drop-in fee: \$20/class, Use a 3 Class Pass!

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™, 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* Studio Pilates

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**