

Series 2019 *Counterbalance* Studio Pilates

Pilates Mat, 3-D Workout™, Free Your Fascia, ELDOA™ & Chi Gong

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.

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. Beginners welcome!

What class participants are saying: "I love when Shawn leads us in class." Julie

"I believe that learning Chi Gong with Shawn will help me to maintain my flexibility and range of motion even as my Parkinson's disease progresses." Barrie

"Chi Gong gives me the stretch and mobility I need after breast surgery. It's terrific!" Kay

3-D Workout™ Sundays, 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.

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. at m., series \$18/class, drop-in \$20/class. No experience necessary.

Spring 2019: Look for ELDOA on Wednesdays at 4:30.

Changes:

A Class for Nellie's, Wednesdays, 6:00-7:00 p.m. ends April 3, 2019.

A Pilates equipment class takes its place. Interested? Contact the studio.

Essentrics®, Contact Harjit: harjit@willowfitness.com. While not at *Counterbalance*, Harjit continues to teach Essentrics in the neighbourhood. Contact her for details.

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

*Some prior Pilates mat experience recommended.

Conditions: one-time use only, one pass per individual, 4 week time limit from first class.

Free, 1/2 hour Biodynamic Craniosacral Sessions by a supervised student practitioner.

Contact Linda: 416-459-8263 or lindaharper66@gmail.com

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

ELDOA™ & Chi Gong: 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