

Summer Schedule August & September

Hello!

Counterbalance Studio Pilates will be officially closed Sunday, August 26th to Monday September 3rd.

The last full day of classes will be on Saturday 25th and the first full day of equipment classes on Tuesday, September 4th.

Series #1 begins Sunday, September 9th with Chi Gong, 10-11:00. Regular Pilates mat, 3-D Workout™ and ELDOA classes begin that week as well.

HOWEVER,

Please look for the sign up sheets on the white-board as Fiona will be offering classes during our break.

To assist us, please confirm your summer schedule with your teacher.

Thank you!

Elaine, Fiona, Carrie, Sacha, Sheri, Harjit & Shawn