

# Summer Schedule August & September

Hello!

*Counterbalance* Studio Pilates will be officially closed Sunday, August 26<sup>th</sup> to Monday September 3<sup>rd</sup>.

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

Series #1 begins Sunday, September 9<sup>th</sup> 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