

**\$15**

**DROP-IN  
CLASS**

Every Wednesday  
6:00 pm - 7:00 pm

*No experience  
necessary!*

**PILATES MAT &  workout™**

**Stability Balls, Rollers and Free Weights!**

**A CLASS FOR NELLIE'S**

*All class fees will be donated to Nellie's, a feminist women's shelter.*

Nellie's



Emergency Shelter &  
Support Programs for  
Women & Kids

[www.nellies.org](http://www.nellies.org)

**WHERE**

Counterbalance Studio Pilates  
1911 Danforth Avenue  
(between Woodbine & Coxwell)

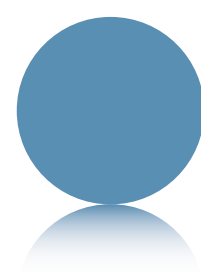
**CONTACT**

Elaine: 416.901.2911 or

[elainebiagiturner@gmail.com](mailto:elainebiagiturner@gmail.com)

[www.counterbalancestudiopilates.com](http://www.counterbalancestudiopilates.com)

New to Counterbalance Studio Pilates?  
Arrive 10 minutes early to fill out forms.



**counterbalance**  
studio pilates