

APPRENTICE INSTRUCTOR

ESSEINTRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

Mondays, 8:30pm - 9:30pm

April 9th, 16th, 23rd & 30th

Essentrics is a full body workout that combines stretching and eccentric strengthening.

- Reduce stress
- Improve balance & coordination
- Strengthen your ankles and feet
- Relieve back pain
- Release tight hips and shoulders
- Improve posture
- Look and feel younger

"FEELS LIKE A FULL BODY MASSAGE"

Fees: \$17 for drop-in, \$60 to register for 4 classes

Where: *Counterbalance* Studio Pilates, 1911 Danforth Ave

CONTACT: HARJIT@WILLOWFITNESS.COM