

3-D WORKOUT™

Instructor Certification, Level I

Unique whole-body training that imparts spatial skills and promotes functional, fascial and brain fitness.

A valuable tool for fitness, movement and manual practitioners in recognizing and restoring essential movement patterns.



COURSE SCHEDULE

THEORY

February 25
March 4, 11, 18
May 27

1:30-6:30pm

PRACTICUM

March 25
April 8, 15, 22, 29
May 6

1:30-5:00pm

FREE INFORMATION SESSIONS

January 5 & 12 | 6:00-7:15pm

Counterbalance Studio Pilates
1911 Danforth Avenue, Toronto
counterbalancestudiopilates.com

Contact Carrie Lynn Nieves
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COURSE COST: **\$913**
(taxes included)

*Reserve early as
class size is limited*

