

BODY

Harmonics

PILATES

OPTIMAL MOVEMENT | LIMITLESS POTENTIAL

DANCING WITH PARKINSON'S

New class at BODY HARMONICS PILATES in January!

WHERE IS Body Harmonics Pilates?

- It's at 672 Dupont Street, Suite 406 (Dupont and Christie) – with elevator access
- Free Parking is available in the lot
- Wheel Trans has easy access to the entrance off the main lobby
- TTC is easy – Christie bus north from Bloor, or Dupont bus west from Spadina

WHEN?

- Classes start Monday January 11th and run to Monday March 22nd; there is no class on Monday February 15 (Family Day)
- Class time is 1:30 pm to 2:30 pm
- Cost is \$150 for 10 classes

HOW do I register?

- Call Body Harmonics at 416-537-0714, or register online at www.bodyharmonics.com
- Pay by credit card on the phone or online; or bring a cheque to the first class
- There is no refund for missed classes, but you can make up a class during the term at DWP classes in other locations or at other Body Harmonics classes
- If you are unable to register for the full term, you can buy a Body Harmonics drop-in card which entitles you to go to five classes at any time during the term. The five-class drop-in card is \$105
- Body Harmonics admin staff will be happy to answer your registration questions or refer you to the right person if you need more information. **Visit www.bodyharmonics.com for more info on Body Harmonics Pilates**

ANYTHING ELSE I need to know?

- If you've already danced with us, you know that you don't need a partner to dance
- If you need your caregiver to be with you, that can be arranged
- Wear comfortable indoor shoes to class and bring a bottle of water
- Get ready for this to be one of the best hours of your week!

For more information about Dancing With Parkinson's go to www.dancingwithparkinsons.com