

How to Get Started:

- For **Privates**, call 301-986-1730 to book according to your availability.
- For **group classes** and **workshops**, schedule online!
 - Go to www.balancestudio.com
 - Click on "Reserve and Cancel Classes Online"
 - Log in or create an account to see our schedule and register for classes

Prices

- Private Lessons** (55 min.) Pilates, Yoga, Gyrotonic
 - Private:** \$75 or 10 lessons for \$700
 - Duet:** \$50/person or 10 lessons for \$450
 - Trio/Quad:** \$36/person or 10 for \$320
- Group Classes** (50-75 min.)
 - Pilates Mat Class:** \$20 or 10 classes for \$150 (includes **Core & More, Abs & Stretch**)
 - Yoga Class:** \$20 or 10 classes for \$150
 - Pilates Equipment Class:** \$36 or 10 classes for \$320

*10-class cards expire 12 weeks from purchase
- Package Deals & Introductory Series**
 - Intro to Pilates Package:**
6 private sessions in a 2 week period, plus an initial evaluation **\$375 one time offer**
 - Intro to Equipment Series:**
A 4 week series (1 class/week) to learn the basics of the Pilates Equipment **\$125**
 - Intro to Yoga Series:**
A 4 week series (1 class/week) to learn the principles of yoga **\$60**

Studio Locations

Bethesda

8305 Wisconsin Avenue
Bethesda, MD 20814

- *Pilates Mat Classes
- *Yoga Classes
- *Pilates Equipment Classes
- *Private and Semi-private Lessons
- *Gyrontonic Appointments

Rockville (2 locations)

Rockville Village

192 Halpine Rd, Suite D
Rockville, MD 20852

- *Pilates Equipment Classes
- *Private and Semi-private Lessons
- *Pilates Mat Classes

Rockville Plaza

156 Congressional Lane, #51D
Rockville, MD 20852

- *Pilates Mat Classes
- *Yoga Classes
- *Small Group Classes

for all locations...

301-986-1730

www.BalanceStudio.com

YOUR PILATES & YOGA STUDIO

balance



·PILATES·

·YOGA·

·GYROTONIC·

Does your life need balance?

301-986-1730

Info@BalanceStudio.com

www.BalanceStudio.com

•PILATES•

The benefits of Pilates are many. You will:

- Build strength without bulk
- Reshape your body - stand taller & look leaner
- Eliminate chronic pain & prevent re-injury
- Improve balance and coordination skills
- Reduce tension, fatigue and stress
- Develop a strong core
- Ease the strain on your joints
- Enhance mental clarity and focus



PILATES CLASSES WE OFFER:

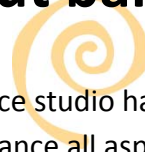
Pilates Mat: traditional floor work sequence to stretch and strengthen your entire body

Pilates Equipment: work out on all the apparatus (Reformer, Cadillac, Tower, Chair and Mat)

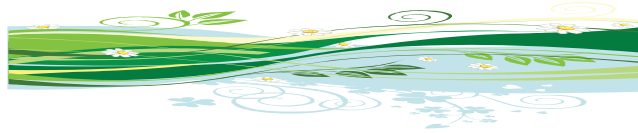
Core & More: a dynamic blend of cardio, strength training, balance work and flexibility all linked with Pilates principles **sneakers required*

Abs & Stretch: improve flexibility and muscular performance through core training and the Active-Isolated Stretching technique

About balance



Since 2001, balance studio has partnered with our clients to enhance all aspects of your health – body, mind and spirit. Our extensively trained and devoted instructors provide an empowering fitness experience that is so much more than the average workout.



balance Wellness

At balance, we are prepared to accommodate all your health and wellness needs.

We offer:

- Massage Therapy
- Thai Yoga Massage
- Holistic Nutrition
- Physical Therapy

Whether you're recovering from a chronic condition, or just need some extra TLC, balance has what you need – all in one convenient location.

To find out what is happening at balance today, visit our website to check out upcoming **workshops** and to download our **monthly newsletter**.

Schedule of Classes and Workshops, plus more information on Pilates, Yoga, and Gyrotonic is available online: www.BalanceStudio.com

•YOGA•

At balance, we practice hatha yoga, a system of yoga poses designed to align and **purify** the body.

Yoga will benefit your body, mind and spirit to:

- Develop well-toned yet flexible muscles
- Reduce your potential for injury and chronic pain
- Manage stress levels more effectively
- Enhance your levels of concentration
- Breathe better to enhance your health

YOGA CLASSES WE OFFER:

Yoga I/II/Mixed Level: practice the foundations of yoga: alignment, movement, breathing, and meditation

Flow Yoga: enjoy a powerful, expressive yoga class

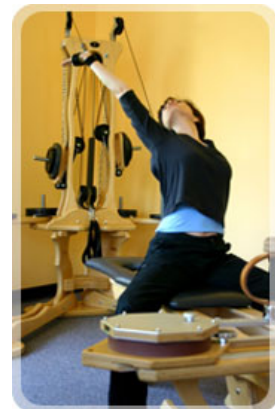
Gentle Yoga: explore yoga at a slower pace, ideal for students who have injuries or health concerns

•GYROTONIC•

Gyrotonic exercise combines the movements of yoga, swimming, ballet and gymnastics into one workout.

Gyrotonic will help you to:

- Increase strength and flexibility without stressing your joints
- Discover optimal range of motion in your spine, hips and shoulders
- Rehabilitate an injury and ease chronic pain
- Improve posture, balance and coordination
- Experience movement in a multidimensional way



Gyrotonic available as Private or Duet appointments only