

INTEGRATED HEALTH CARE AND FITNESS STUDIO

577 Ontario Street St. Catharines, ON L2N 4N4.

•Tel: (905) 988-9160 Fax (905) 988-9147

NATUROPATHIC THERAPY

The primary goal of naturopathic medicine is to address the cause of illness rather than suppression of symptoms or disease management. The patient is seen as a whole person as their Naturopathic Doctor (ND) strives to take their physical, mental, and emotional dimensions into account when developing a treatment plan. NDs have at least 7 years of post-secondary education, including a 4-year full-time program at one of 4 accredited naturopathic institutes in North America, and have passed rigorous international examinations to become licensed. NDs use clinical nutrition, botanical medicine, acupuncture & Traditional Chinese Medicine, homeopathy, and lifestyle counseling to help patients achieve their health goals.

Tara Clapp B.Sc, N.D.

ADULT CONSULTATIONS (+HST)

1 ST visit (intake & physical)	1 ½ hours	\$160
2 nd visit (includes lab)	45 minutes	\$105
Subsequent visits:	20 minutes	\$ 45
	30 minutes	\$ 70
	45 minutes	\$ 95
	60 minutes	\$120
Laboratory visit	15 minutes	\$ 45
Telephone consultations	5-20 min	\$15-40
Acupuncture	20 minutes	\$ 40

YOUNG ADULT CONSULT (+HST)

1 ST Visit (intake & physical)	1 hour and 15 min	\$110
2 nd visit (includes lab)		\$ 85

CHILD CONSULTATIONS (+HST)

1 st visit (intake & physical)	1 hour	\$ 90
2 nd visit	30 minutes	\$ 55

MASSAGE THERAPY

The Practice of Massage Therapy is the assessment of the "soft tissue" and joint of the body. Also for treatment and prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain. The Therapist may use a variety of techniques to help the patient with their pain.

Steve Siegel RMT	Rosie Dzugan RMT
Alexis Verdile RMT	Teresa Carlone RMT
90 mins	\$95 +HST
60mins	\$65 +HST
45 mins	\$55 +HST
30 mins	\$45 +HST

Hot Stone Massage

60 mins	\$75 +HST
75 mins	\$85 +HST

HOMEOPATHIC PRACTITIONER

Homeopathy is a safe and gentle system of medicine that uses dilute substances from plant animal as well as mineral to aid the body's natural ability to heal itself. Homeopathy looks at the individual as a whole. The Mental, emotional and physical aspects of the patient are all taken into consideration during each consultation with the Homeopath.

Ashley Guite B.A.,D.H.M.H.S
(+HST)

1 ST visit Adult	2 hours	\$180
1 ST Visit Child	2 hours	\$160

Subsequent visit Adult	1 hour	\$ 80
Subsequent visit Child	1 hour	\$ 80

Trained to work with animals

Specializes in:

- ❖ Mental disorders (depression ect.)
- ❖ Pregnancy, Fertility
- ❖ Chronic Pain
- ❖ Menopause

SHIATSU THERAPY

Shiatsu is a modern manual therapy from Japan that simply means "finger pressure". Comfortable stretching and pressure are applied to the body in order to reduce pain & restore normal body function and balance. Shiatsu is related to Traditional Chinese Medicine & acupuncture and can be used to treat back pain, stress disorders, digestive problems and insomnia as a few examples.

Jason Hookey B.A., C.S.T.
(+HST)

First Visit	1 1/2 hour	\$100
Treatment Session	1 hour	\$ 65
- acupuncture	45 minutes	\$ 55
Auricular acupuncture	15 minutes	\$ 35
- cold & flu (current patients)		\$ 35

Clinic HOURS

MONDAY	9:00AM	3:00PM
TUESDAY	9:00AM	3:00PM
WEDNESDAY	10:00AM	5:00PM
THURSDAY	by appointment	
FRIDAY	10:00AM	5:00PM
SATURDAY	by appointment	

****CHECK OUT OUR NEW WEBSITE****

www.integratedhealthcare.ca

* Gift Certificates Also available *

Payment Method: Cash, Master Card, Visa and Debit . We do not accept personal cheques

PLEASE REFRAIN FROM WEARING ANY HEAVY PERFUMES AND SPRAYS DUE TO OTHER PATIENT WITH SEVERE ALLERGIES.

PLEASE **DO NOT** SMOKE BEFORE COMING TO YOUR APPOINTMENT.
THANK YOU.

FITNESS STUDIO

YOGA – 90 minutes

- ❖ **Restorative Yoga:** This class is well-suited to those individuals with physical limitations. It is slow-paced and emphasizes the use of modifications and props.
- ❖ **Hatha Level 1:** This class is slow to moderate paced, offering deeper exploration of foundational postures. Suitable for beginners and students with previous yoga experience.
- ❖ **Hatha Level 1-2:** This will be a slow-paced class focusing on breath, flexibility, and strength. It is best suited to individuals who have been practicing yoga for at least 6 months.
- ❖ **Hatha Level 2:** This class is moderate to fast paced. Prepare to be invigorated as you explore challenging postures and sequences. Not suitable for beginners.
- ❖ **Yoga/Pilates** – A mix of yoga and pilates, strengthening and toning workout for your whole body, including your abs and core. Be prepared to sweat! Men always welcome – flexibility and strength helps your golf game!

PILATES – 60 minutes

- ❖ Pilates is an exercise method originally designed by Joseph Pilates in the early 1900's. In this method, body and mind work together in a unique way. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, improving posture and flexibility, better joint mobility, toning muscles, giving the body a long and lean appearance.
- ❖ **Level 1:** At this level, the focus is on the 5 Basic Principles: breathing, pelvic placement, ribcage placement, scapula stabilization and mobilization, head and neck placement. These foundations will be taught and applied to a number of exercises in the repertoire.
- ❖ **Level 2:** The level 2 participant has an understanding of the Basic Principles and is ready for a workout that challenges core stability at a more intense level.

FEE SCHEDULE FOR ABOVE CLASSES:

Single Class: \$14.50
8 Week Session: \$95
6 Week Session: \$75
4 Week Session: \$50

SELF-DEFENCE/MIXED MARTIAL ARTS – 2 hours

- ❖ Provides easy and effective concepts to efficiently protect yourself and your family. Teaches you to react immediately without hesitation. You will have fun, get a good workout, increase self-esteem and appreciate martial arts!
- Single Class: \$20
4 week session (8 classes): \$140

GROUP TRAINING – 60 minutes

- ❖ **Core Circuit Training:** Taught by a personal trainer, this wholebody circuit-style workout focuses on strengthening the lower back and abdominal muscles (“the core”). Other areas of focus include muscular co-ordination, finding your centre of gravity and postural co-ordination and balance.
- ❖ **Working with Weights:** Taught by a personal trainer, this low-impact, whole body workout targets all major muscle groups with the use of dumbbells. This is an excellent choice for anyone new to weight training or anyone who can only afford to workout 1-2x week. This will help you build strength, manage your weight, increase bone density, improve balance, coordination and mobility.

4 Classes: \$50

8 Classes: \$90

BOOTCAMP – 60 minutes

- ❖ We are offering a challenging yet fun group workout where the focus is on “fitting fitness” into your day! Experience the thrill of pushing yourself to the limit, and then feeling successful at reaching your health and fitness goals. This is open to every fitness level!

Class fee: \$129 (twice a week for 4 weeks)

\$109 for repeat campers

****ALL CLASSES ARE PRE-REGISTERED****

PERSONAL TRAINING- 60 minutes

- ❖ Personal training provides one-on-one guidance to help you to achieve your fitness goals. For example, muscle building may be the first priority for some clients, while others just want to lose weight. Whatever the objective, your personal trainer will educate you regarding the benefits of a planned diet, cardio training, weight training, and strength training.

Fees: \$60 for a single session (to be used within 1 month)

\$650 for 12 sessions (to be used within 3 months)

\$1825 for 36 sessions (to be used within 6 months)

10% off for senior pricing

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