

# INTEGRATED HEALTH CARE AND FITNESS STUDIO

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

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## 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. Amber Merrick B.Sc, N.D**

### ADULT CONSULTATIONS (+HST)

1 <sup>ST</sup> visit (intake & physical)	1 ½ hours	\$160
2 <sup>nd</sup> 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 <sup>ST</sup> Visit (intake & physical)	1 hour and 15 min	\$110
2 <sup>nd</sup> visit (includes lab)		\$ 85

### CHILD CONSULTATIONS (+HST)

1 <sup>st</sup> visit (intake & physical)	1 hour	\$ 90
2 <sup>nd</sup> 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**

**Alexis Verdile RMT**

90 mins	\$100 +HST
60mins	\$70.80 +HST
45 mins	\$55 +HST
30 mins	\$45 +HST

**Hot Stone Massage**

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

**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.**

## 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 <sup>ST</sup> visit Adult	2 hours	\$180
1 <sup>ST</sup> 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

## OSTEOPATHY

Osteopathy is a natural medicine which aims to restore function in the body by treating the cause of the imbalance or pain. The osteopathic manual practitioner uses very gentle palpation to sense the state of the tissues being examined. The whole body is assessed and treated because symptoms sometimes show up in a different part of the body from where the problem actually might be.

**Ann Davies RegPt, O.D.**

Assessment and Treatment	60 minutes	\$90
Follow-up treatment	60 minutes	\$90
Follow-up treatment	30 minutes	\$55

## 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

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

## FITNESS STUDIO

### YOGA – 90 minutes

- ❖ **Gentle 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 2:** This will be a slow to moderate paced class focusing on breath, flexibility, and strength. It is best suited to individuals who have been practicing yoga for at least 6 months.
- ❖ **Yoga for Kids:** Kids aged 8-12 get a chance to have fun, challenge their bodies and minds, and get a chance to use yoga techniques of breathing and meditation to increase calmness and concentration. Kids develop strength and concentration in a fun and supportive environment.
- ❖ **Teen Yoga for Girls:** A safe and inviting space where girls can discuss teen issues and find greater stability and confidence to face the stresses of teenage life through yoga practice. We will explore techniques for relaxation and inner calmness, as well as develop greater strength and endurance through an invigorating yoga practice! T-shirts (no tank tops) and pants knee-length or longer.
- ❖ **Yoga for Improving Mental Health and Happiness:** the yoga techniques of controlled breathing and physical postures, along with a cleansing diet and spiritual philosophies have been a proven means to greater calmness, happiness and peace of mind for millennia. We will walk through the path of self-exploration geared towards overcoming mental roadblocks and attaining more happiness.

### ❖ FEE SCHEDULE FOR ABOVE CLASSES:

Single Class:	\$14.50	Kids Yoga:	\$11
8 Week Session:	\$95	Kids 8 week:	\$80
6 Week Session:	\$75		
4 Week Session:	\$50		

### WEE WIGGLERS – BUDS (walking – 3 years) – 1 hr

In this introductory class for children (walking to age 3), participants (children and caregivers) will explore music and fitness. You are your child's first and foremost important teacher; moving and grooving together will help your little one develop agility, balance, and coordination while preparing them for lifelong health. *Note: bring indoor athletic shoes for adult and child and one yoga mat.*

**8 week session: \$80**

### 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.
- ❖ **Bosu Body Blast:** Taught by a personal trainer, this is a cardio and strength endurance adventure for all levels of fitness. Blast your body into shape, and have a ton of fun with the BOSU balance trainer. It is an amazing fitness tool that will work your balance, strength, coordination, agility, cardio, core and more! While usually a 50/50 balance of cardio/strength, some days are designed to challenge the heart, while others will exhaust the muscles. You'll lunge, lift, and laugh away calories in this total body conditioning class.
- ❖ **FunTime Fitness:** is a mixture of Core Circuit, Boot Camp and Bosu Body Blast. It is a combination of interval and circuit training, keeping the heart rate elevated and the rest time to a minimum between activities (thus burning more calories in a shorter period of time). Geared to all fitness levels, as exercises can be modified to participant requirements. Max 10 participants per class.

**4 Classes: \$35**

**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**

