

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 ST visit (intake & physical) | 1 ½ hours | \$175 |
| 2 nd visit (includes lab) | 45 minutes | \$115 |
| Subsequent visits: | 20 minutes | \$ 50 |
| | 30 minutes | \$ 75 |
| | 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 | \$130 |
| 2 nd visit (includes lab) | | \$ 85 |

CHILD CONSULTATIONS (+HST)

| | | |
|---|------------|--------|
| 1 st visit (intake & physical) | 1 hour | \$ 100 |
| 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

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)

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|-----------------------------|---------|-------|
| 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

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 |

(Ann only takes cash or cheques for payment)

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 |

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 :** this is a Foundations/ All Level class suitable for the beginner with modifications and variations being offered. It is also suitable for the student wanting to delve a little deeper into their practice, moving at your pace and comfort level, yet with somewhat of a challenge in some of the poses. (making it joyful and fun). Basically, if you are looking for a little fun and variation, among a classical gentle hatha yoga class, with a splash of Restorative yoga, then this ones for you!
- ❖ **Yoga for Health and Wellness:** the yoga techniques of controlled breathing and physical postures 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
8 Week Session: \$95
6 Week Session: \$75
4 Week Session: \$50

WEE WIGGLERS – ANGELS (4months– walking) – 45min

This fun and friendly class will inspire you and your little one using musical fitness, yoga and play. Infants will develop fundamental motor and cognitive skills as caregivers enjoy light fitness and socializing with their little ones.

Note: Please bring a yoga mat, and a small blanket & comfort item for baby

WEE WIGGLERS – BUDS (walking – 3 years) – 1 hour

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 sessions: \$80 Fall session begins: Saturday, 28 Sep 2013 from 11:00-11:45 am

BOOTCAMP – 60 minutes

Kate Profjitz-Fazio, PT

- ❖ 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: \$99 (twice a week for 4 weeks)**

GROUP TRAINING – 60 minutes

Judy Efford, PT

- ❖ **Total Body Workout:** Taught by a personal trainer, this whole body circuit-style workout focuses on strengthening the lower back and abdominal muscles (“the core”). Various equipment will be used
- ❖ **Abs, Butt, Legs (ABL):** Cardio intervals to burst the fat-burning with a big focus on the bottom half: glutes, hips, thighs, and abs!

8 Classes: \$80

FITMOM 2 BE (prenatal)

This class is designed for women wanting to stay healthy during pregnancy. The objective is to maintain a healthy and strong physical state for one of the most challenging 9 months of your life. By increasing muscular balance and cardiovascular endurance a well-trained pregnant woman goes into labor with an advantage that will help her endure the physical demands of delivery.

FITMOM AND BABY (mom and baby 6 weeks to 18 months)

One of the most popular all time FITMOM classes. This beginner to athlete program is modified to meet your fitness level. Whether in a baby carrier or lying next to you, your baby will participate in the class and provide progressive resistance to help you get lean and strong. Babies from 4 weeks to 6 1/2 months are safest in a front carrier, while older babies are best suited to a back carrier. Consult with your doctor to see what's best for you. All FITMOM + Baby classes include exercises to target all the major muscle groups. Each class includes a warm up, stretch, 20 minutes of standing exercises (with baby in carrier), 20 minutes of interactive floor work, an aerobic circuit and a warm down stretch. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will receive handouts on relative topics for their interest.

8 Week Session: \$80

****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.

Judy Efford, PT

Fees: \$60 for a single session (to be used within 1 month)
\$450 for 10 sessions (to be used within 3 months)