

# ESSEINTRICSSTUDIO

Downtown / 3431 Stanley , Montreal 514.989.0236

## ESSEINTRICS™

**The workout combines the body's need for calorie burning and muscle toning with its need for rejuvenation and health.**

In a nutshell The ESSEINTRICS™ workout is based on eccentric strengthening, which stretches the muscles then strengthens them in the elongated position creating a lean toned and more flexible body. ESSEINTRICS™ is intended to make the waist thinner, the stomach flatter, the legs leaner and the butt toned, leaving the entire body more flexible and agile.

## WHO WE ARE & WHAT OUR WORKOUTS DO

**We are the flagship studio for The Esmonde Technique. The Esmonde Technique consists of workouts that simultaneously combine stretching and strengthening to tone the body and lose inches all over while increasing flexibility and improving and eliminating aches and pains.**

**We produce a fitness TV series for the US market that has been airing for over 10 years, and can be seen 3 times per week on Montreal on the PBS network. We also create DVDs under the name Essentrics and Extento.**

## WHO ARE THE WORKOUTS FOR

We have tens of thousands of participants who follow our TV series on PBS and hundreds of testimonials from these participants. Participants range from sedentary beginners who feel un-intimidated by the flowing stretches, to fitness lovers who gain great benefits from elongating their muscles, reducing the bulk and increasing flexibility.

We also have countless Olympic and Pro athletes who have become testaments to how effective the workouts are; Alexandre Despatie (Olympic Diver), Kim St Pierre (Olympic Hockey Goaltender), Bryce Davison & Jessica Dube (Olympic Figure Skating Pairs), Max Talbot (NHL Hockey)

## WHY YOU SHOULD BE DOING ESSEINTRICS

**We are a unique program that targets flexibility and eccentric strength all in one fitness workout. For average people this translates into a body that is energetic, pain free, strong and lean. It heals aches and pains and prevents them from returning.**

## BEFORE WORK, LUNCHTIME WORKOUT, AFTER WORK

The class is not a high impact class and therefore there is not a need for showers as there would be in an aerobic workout.

Women barely even need a make-up re-touch! Its easy to fit into your schedule and hassle free.





From left to right: pic 1 - Joannie Rochette et Miranda, pic -2 Melissa, Kim St-Pierre, Miranda, Caroline Ouellette et Sahra, pic 3- Maxime Talbot et Sahra

## TYPE OF SUBSCRIPTION

Ideally this program should be done a minimum of two to three times per week for best results. We have various subscription that can suit your needs.

- Most Cost-effective is a 1-year unlimited classes membership level
- Purchase a 5 or 10-pack of classes and come when you can
- Purchase a one-month intense bootcamp and kick-start your body into shape

## GROUP CLASS SCHEDULE

ESSEINTRICS™ was created for the general population to help get in shape, challenge muscles, increase flexibility and reduce aches and pains without causing injury.

	Time	Instructor
<b>MONDAY</b>	12h00 - 13h00	Ileana
	17h30 - 18h30	Kristin
	18h30 - 19h30	Kristin
<b>TUESDAY</b>	12h00 - 13h00	Laurence
	17h30 - 18h30	Erika
<b>WEDNESDAY</b>	12h00 - 13h00	Ileana
	17h30 - 18h30	Miranda
<b>THURSDAY</b>	12h00 - 13h00	Erika
	17h30 - 18h30	Laurence
	18h30 - 19h30	Laurence
<b>FRIDAY</b>	12h00 - 13h00	Miranda
<b>SATURDAY</b>	10h30 - 11h30	Kristin
	11h30 - 12h30	Pier-Luc