

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 YOUR EMPLOYEES 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.

Our Studio is located in downtown Montreal, a few steps from your offices and therefore convenient and easy to reach!

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 Session of One to Three Classes Per Week
- Purchase a 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

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

MONDAY	12h00 - 13h00	All level	Miranda Esmonde-White
	17h30 - 18h30	All level	Sahra Esmonde-White
TUESDAY	12h00 - 13h00	All level	Ileana Ripas
	17h30 - 18h30	Deep stretch	Miranda Esmonde-White
WEDNESDAY	12h00 - 13h00	All level	Miranda Esmonde-White
	17h30 - 18h30	All level	Sahra Esmonde-White
THURSDAY	12h00 - 13h00	All level	Miranda Esmonde-White
	17h30 - 18h30	All level	Sahra Esmonde-White
FRIDAY	12h00 - 13h00	All level	Sahra Esmonde-White

WE LOOK FORWARD TO HOSTING YOU AT THE ESSETRICS STUDIO

Our founder and creator Miranda Esmonde-White has dedicated her life to creating the perfect stretch program that rebalances the body and gives participants a sense of freedom, rejuvenation, power, and strength.

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