

SYNERGY MOVEMENT THERAPY GROUP CLASS SCHEDULE

Tuesday

Wednesday

Saturday

Sunday

Hip & Knee
5:30-6:30 pm

Advanced
Movement
6:45-7:45 pm

Neck &
Shoulder
5:30-6:30 pm

Back Care
6:45-7:45 pm

Machine
9:30-10:30 am

Mixed Mat
10:40-11:40am

Machine
11:45-12:45 pm

Back Care
2:10 pm

Foot & Ankle
3:20 pm

IF YOU HAVE AN INJURY

4 WEEK REHAB SERIES:

BACK CARE
NECK & SHOULDER
HIP & KNEE
FOOT & ANKLE

IF YOU HAVE COMPLETED THE 4 WEEK REHAB SERIES

FLEX BOOK:

NECK & SHOULDER,
BACK CARE, HIP & KNEE
FOOT & ANKLE

IF YOU WANT TO MOVE

ADVANCED MOVEMENT
MIXED MAT
MACHINE

Sign Up for Classes

To register for classes, please visit synergysportsmedicine.com or book by phone at 416.703.3525 at least two hours prior to start time by phone.

Class Fees

Drop In Mat	\$32
Rehab 4 Week Series (includes home exercise videos)	\$120
8 Classes General Mat or Rehab Grad	\$216

Cancellation Policy

24 hour cancellation is required otherwise the full amount will be charged. Cancellations can be made online or by phone.

Sign up for classes online or by phone 416.703.3525.

All classes are non-transferable and non-refundable.

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SYNERGY REHAB CLASSES

Synergy's Movement Therapy Rehabilitative Programs were developed by Dr. Raza Awan and Riki Richter. Each program addresses common deficits hindering recovery and exercises are based on sound biomechanics and evidence-based protocols. These classes teach functional embodied biomechanics and empower the patient to self manage their injury. Once learned, these exercises can be incorporated into their daily routine as preventative and strengthening measures, or for pre- and post-surgical recovery rehab and used as pre-habilitation. To begin, register for a 4-week series, after which we recommend you repeat the series again. During classes 5 to 8 you can FLEX BOOK - attend any of the classes in the same program. Classes are non-refundable and non-transferable from one specified program to another. Please be aware that start dates may be postponed until minimum attendance requirements are met. It is the responsibility of the participant to schedule makeup classes.

Back Care Program

This program emphasizes evidence-based exercises designed to help with lower back issues. Suitable for the student with disc issues, degenerative disc disease or postpartum low back issues. Not suitable for students with stenosis.

Foot & Ankle Program

This program is specific to foot and ankle issues. Suitable for the student recovering from ankle sprains, plantar fasciitis, achilles tendonitis, dropped foot arches and bunions.

Hip & Knee Program

This program will educate patients by emphasizing exercises appropriate for hip and knee conditions such as patella femoral syndrome, IT band syndrome, osteoarthritis of the hip and knee, and muscle imbalance associated with knee or hip injuries. Pre- and post-operative hip and knee patients are welcome as this class is also designed to optimize conditioning prior to surgery and facilitate post-operative

Neck & Shoulder Program

A program specific to upper body issues perfect for the student with neck tension, tension headaches, rotator cuff injuries, cervical spine problems and TMJ.

SYNERGY GENERAL MOVEMENT CLASSES

Movement Fundamentals

This class teaches functional embodied biomechanics, and empowers self awareness and understanding, transferable to other activities. Suitable for the student without injury or a student who has attended a Synergy Group Rehab Program for their injury and wants to return to whole body movement.

Advanced Movement

This class is suitable for the student who has attended Movement Fundamentals or Back Care and has clearance from their teacher. More progressive spine, trunk and pelvic stability exercises are introduced.

Machine Class

Designed to increase strength with spring-resistance using specialized Pilates equipment: Reformer, Trapeze Table, Wunda Chair and Arm Chair. These classes are fully booked. If you are interested in machine work you can book a 1-on-1 or small private 2 to 3 person group.

Mixed Mat

A fitness style Pilates class that includes mat repertoire, from classical variations to interesting variations, offering modifications and progressions for all levels.

