

About us

Elizabeth Towe, president of Balanced Movement Studio, has a B.A. in exercise and sports science from East Carolina University. She has worked in the fitness industry since 1985, including 10 years with Pulse Athletic Clubs and five years as the program manager of a fitness center at GlaxoSmithKline. She is certified as a personal trainer by the American Council on Exercise, and is a member of the American College of Sports Medicine and IDEA Fitness Professionals Association. She has extensive experience with post-rehab personal training; her clients have included people with multiple sclerosis, fibromyalgia, and chronic pain, as well as stroke survivors. Elizabeth is also a cycling enthusiast, and a Maddog Certified Spinning Instructor. Contact her at etowe@balanced-movement.com.

Amy Vitt is a certified personal trainer through American Council on Exercise (ACE) and is also a member of the NSCA (National Sports Conditioning Association) and IDEA Fitness Professionals Association. She has a B.A. in Journalism and Mass Communication from The University of North Carolina at Chapel Hill and has taken extensive Exercise and Sports Science courses from UNC-CH as well. As a two-time All-American field hockey player at UNC-CH and a member of the US Team, Amy brings a unique perspective to sport-specific training. Her specialties include: footwork, body control, change of direction, efficient movement, agilities, coordination and anaerobic-driven conditioning. Contact her at avitt@balanced-movement.com.

Jaime Powell is a certified personal trainer and yoga instructor with a focus on holistic health, corrective, and functional exercise. By treating the body, mind, and spirit as a whole system, and actively consulting with and referring to other holistically minded health professionals, Jaime has helped people of all ages drastically improve their well being. Jaime Powell is an author, speaker, consultant, and educator and has used these modalities as vehicles to deliver the message that we have the resources within to move from mere survival to optimal health. Contact her at jpowell@balanced-movement.com.

Rates

Private Session \$60
Semi-Private Session \$35 per person
Small Group (3+ people) Session \$25 per person
Supervised Visit \$8 (clients only)

Information in this brochure is subject to change without notice. Please contact us for the latest rates and services available.

304 W. Weaver St. Suite 103
Carrboro, NC 27510

balanced movement studio
personal training & movement classes / carrboro, nc

Your body was meant to move.

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304 W. Weaver St. Suite 103
Carrboro, NC
919.942.0240
www.balanced-movement.com
training@balanced-movement.com

Building a fitness relationship

Each of us at Balanced Movement Studio knows that movement is the key to living healthier, living happier, and improving quality of life.

You don't have to be an athlete or a fitness fanatic to gain from the help of a personal trainer. Paired with a caring, dedicated trainer, you'll set realistic, ambitious goals, then develop a plan for reaching them.

If you need help getting motivated, if you're not feeling like you used to, if you're recovering from an injury, if you can't separate fact from fad, if you know you want to exercise but don't know where to start—we're here to help. Our unintimidating private facility ensures that you get the attention you deserve, and our trainers have the knowledge to create a program that's tailored for you.

How does it work?

On your first visit, you'll sit down with a certified personal trainer to talk about your goals. Then, the trainer will work with you to design a personalized fitness program that you can do at our facility or on your own. You'll learn exercises and movements that will help you reach your objective, and tools to incorporate fitness into your daily routine.

After that, the relationship begins. You can continue to work with us regularly, or have periodic visits where we'll make sure that healthy, fun movement continues to be a part of your life.

Can we help you?

We specialize in programs related to:

- Lifestyle improvement
- Weight loss
- Chronic pain syndromes
- Pre-natal and post-partum health
- Injury recovery
- Medical condition management
- Endurance
- Personal fitness goals
- Performance enhancement

Want to know more?

Call us at 919.942.0240 or e-mail us at training@balanced-movement.com.



Types of training

One-on-one Private sessions that focus specifically on your needs with a trainer who understands your abilities, your limitations, and your potential.

Semi-private Bring a friend to help get you motivated, and get the guidance of a professional to jump-start your workout routine.

Small group If you have a fitness need, chances are you're not alone. Meet people with matching goals, from weight loss to strength training, in a class targeted at improving your fitness.