

Parkridge Plaza Building
8950 State Route 108, Suite 109
Columbia, MD 21045



the Yoga Center
of Columbia

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www.columbiayoga.com

Pilates On The Ball

With Karen Best

Saturday, January 21, 1pm - 2pm \$20 Saturday, February 25, 1pm - 2pm \$20
Sunday, March 19, 11am - 12pm \$20

IS THERE AN EXERCISE BALL HIDING IN YOUR CLOSET?

Bring your ball and learn how to use it effectively and safely. By stabilizing yourself on the wobbly ball, you will learn exercises that challenge your core to new levels. Strengthen your back, abdomen and hip muscles. Sculpt your legs, shoulders and arms.



Learn how to incorporate a ball into a short cardio routine.

Finally use the support of the ball to stretch, lengthen and relax.

**HAVE A BALL WITH US,
SO YOU CAN USE
YOUR BALL AT HOME!**

Bring your own ball.



Karen Best: an ACE certified instructor, was first exposed to Pilates in 1985 as a dance major at the Philadelphia University of the Arts. She has been teaching fitness and movement since 1986 and continually deepens her Pilates, dance, pedagogy, injury prevention and sports conditioning knowledge through workshops, training and research. She also publishes articles and provides fitness expertise under her cultural dance name Samira Shuruk. (samirashuruk.com) She is passionate about clearly presenting proper technique and combines that with humor and enthusiasm. Her dedication to health, fitness and holistic well being results in classes that are both physically and emotionally effective and rewarding. More information on the instructor can be found at www.samirashuruk.com

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please check: Check here if this is a new address

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Sign me up for the following Pilates On The Ball workshop(s) with Karen Best:

Saturday, January 21, 2017 1pm - 2pm \$20 Saturday, February 25, 2017 1pm - 2pm \$20

Sunday, March 19, 2017 11am - 12pm \$20

Payment Type: Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____