

the Yoga Center of Columbia

410.720.4340

www.columbiayoga.com

Fall Pilates Classes & Events



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of Columbia

FALL PILATES CLASSES

Monday:

9:00am-9:50am Pilates & Stretch 1 - Karen

10:00am-10:50am Pilates 1-2 Plus - Karen

5:00pm-5:50pm Pilates & Stretch 1 - Karen

6:00pm-6:50pm Pilates 2 - Karen

Tuesday:

5:15pm-6:05pm Pilates 1-2 - Karen

8:00pm-8:50pm Pilates 1 - Karen

Wednesday:

9:30am-10:20am Pilates 1 - Karen

10:30am-11:20am Pilates & Stretch 1-2 - Karen

3:30pm-5:00pm Yogalates - Susan

5:15pm-6:05pm Pilates 1 - Karen

8:00pm-8:50pm Pilates 1 - 2 - Karen

Friday:

11:15am-12:05pm Pilates 1 - Jen

Register for classes at www.columbiayoga.com

PILATES WORKSHOPS & MINI-SESSIONS

Pilates On the Ball with Karen Best

1:00pm - 2:00pm \$20 each

Sunday, September 24

Sunday, October 29

Saturday, November 18

Saturday, December 2

Foam Roller Workshop with Susan Kain

Saturday, November 4

12:00pm - 1:30pm \$30

Beginner's Pilates Mini with Susan Kain

Saturdays, 1:15pm - 2:05pm

4 weeks, \$56

(Nov. 11, Nov. 18, Dec. 2, Dec. 9)

Missed Pilates classes can be made up in any other class on our regular or mini-session schedule. This includes yoga, qigong and meditation. Visit www.columbiayoga.com for more Pilates information.