

# the Yoga Center of Columbia

410.720.4340

www.columbiayoga.com

## Winter Pilates Classes & Events



the Yoga Center  
of Columbia

### WINTER 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:

3:30pm-5:00pm Yoyalates (Yoga/Pilates) - Jen  
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  
5:15pm-6:05pm Pilates 1 - Karen  
8:00pm-8:50pm Pilates 1 - 2 - Karen

#### Thursday:

6:15pm-7:05pm Pilates 2 - Karen

#### Friday:

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

Register for classes at [www.columbiayoga.com](http://www.columbiayoga.com)



### PILATES WORKSHOPS & MINI-SESSIONS

#### **Pilates On the Ball with Karen Best**

Saturdays, 1pm - 2pm \$20 each  
January 20, February 3, March 24

#### **Pilates 1 Mini with Karen Best**

Thursdays, 4:30pm - 5:20pm  
5 weeks, 1/11-2/8 \$70

#### **Beginner's Pilates Mini with Susan Kain**

Saturdays, 1:15pm - 2:05pm  
4 weeks, 3/3-3/24 \$56



#### **Did you know that with Pilates you can:**

- ◆ Improve your core strength and stability
- ◆ Improve your posture and balance
- ◆ Increase your flexibility
- ◆ Stimulate circulation and digestion
- ◆ Decrease stress and enhance your mood
- ◆ Improve bone density with resistance Pilates (bands and weights)
- ◆ Tone those muscles and more!

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](http://www.columbiayoga.com) for more Pilates information.