

the Yoga Center of Columbia

410.720.4340

www.columbiayoga.com

Summer Pilates Classes & Events



SUMMER 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:

3:00pm-4:30pm Yogalates (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

PILATES WORKSHOPS & MINI-SESSIONS

Pilates On the Ball with Karen Best

Saturday, July 14, 1pm-2pm \$20
Sunday, Sept. 9, 1pm-2pm \$20

Pilates 1 Mini with Karen Best

Thursdays, 5:15pm - 6:05pm
6 weeks, \$84
July 19 - August 23

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 for more Pilates information.