

Mixed Level Summer Classes

Drop-In Classes: June 29, 2009 - July 3, 2009

(This is during our week between sessions. There are no regularly scheduled classes this week.)

Cost \$16 per class, paid at the door.

MIXED LEVEL YOGA CLASSES

(Must have completed a level I Yoga)

The Yoga Center of Columbia

Monday, June 29

9:30 am – 11:00 am Regina Armenta
6:15 pm - 7:45 pm Colleen Palmateer

Tuesday, June 30

10:00 am - 11:30 am Jeanne Holden
6:15 pm - 7:45 pm Moira Sweeney

Wednesday, July 1

9:30 am - 11:00 am Liz Clark
6:15 pm - 7:45 pm Trisha Chason

Friday, July 3

9:30 am - 11:00 am Cathy Clark

Riverhill

Tuesday, June 30

9:30 am – 11:00 am Melissa Lindon

Thursday, July 2

10:00 am - 11:30 am Bitia Jenkins
6:15 pm - 7:45 pm Melissa Lindon

PILATES ON THE BALL

The Yoga Center of Columbia

Monday, June 29 6:30 pm - 7:30 pm Karen Best

