

MONDAY

9:00am - 9:50am Pilates I Karen
 9:30am - 11:00am Yoga I Kathy
 9:30am - 11:00am Yoga I - 2 Rimmi
 9:30am - 11:00am Gentle Yoga Colleen
 10:00am - 10:50am Pilates I - 2 Karen
 11:00am - 12:30pm Yoga I Plus Jeanne
 11:15am - 12:15pm Baby & Me Liz
 11:15am - 12:45pm Yoga I Colleen
 2:30pm - 4:00pm Therapeutics Lucy
 4:30pm - 6:00pm Yoga I Lucy
 4:30pm - 6:00pm Yoga I - 2 Julia
 5:00pm - 5:50pm EXTRA Gentle Yoga Melinda
 6:00pm - 6:50pm Pilates I Karen
 6:00pm - 6:50pm Pilates 2 Karen
 6:15pm - 7:15pm Pranayama Debbie M.
 6:15pm - 7:45pm Yoga I Plus Rimmi
 6:15pm - 7:45pm Yoga I - 2 Kathy
 7:00pm - 8:00pm Medical QiGong Karl
 7:30pm - 9:00pm Yoga I - 2 Debbie M.
 8:00pm - 9:30pm Yoga 2 Rimmi
 8:00pm - 9:30pm Yoga 3 Cheryl
 8:15pm - 9:15pm Meditation Group * Kathy
 *For Experienced Meditators. \$5 Donation Requested.

TUESDAY

7:00am - 8:15am Yoga I - 2 Susanne
 9:00am - 10:30am Yoga I Jeanne
 9:30am - 10:15am IBY® Tots 4 wks Katie
 9:30am - 11:00am Gentle Yoga Debbie
 9:30am - 9:50am Meditation Kathy
 10:00am - 11:30am Yoga 2 Kathy
 10:30am - 11:15am IBY® Tykes 4 wks Katie
 10:45am - 12:15pm Yoga I - 2 Debbie M.
 3:30pm - 5:00pm Yoga-VVeight Mgmt Susan
 4:15pm - 5:45pm Gentle Yoga Debbie
 4:30pm - 6:00pm Yoga 2 Susanne
 4:30pm - 6:00pm Prenatal Yoga Darlene
 5:15pm - 6:05pm Pilates with Props Susan (All Wks)
 6:15pm - 7:45pm Yoga I Kathy
 6:15pm - 7:45pm Yoga I - 2 Rimmi
 6:15pm - 7:45pm Yoga 2 Cheryl
 6:15pm - 7:45pm Yoga For Athletes Jeanne
 8:00pm - 9:30pm Yoga & Abs Jeanne
 8:00pm - 9:30pm Unwind with Yoga Debbie M.
 Melinda

WEDNESDAY

9:00am - 9:50am Pilates I Karen
 9:30am - 10:45am Yoga & Abs Rimmi
 9:30am - 11:00am Yoga I - 2 Debbie M.
 9:30am - 11:00am Yoga I Plus Melissa
 11:00am-12:30pm Yoga 2 Rimmi
 11:15am-12:45pm Gentle / Yoga I Debbie M.
 11:15am-12:45pm Yoga I Melissa
 1:30pm - 3:00pm Back Yoga 6wks Regina
 4:15pm - 5:05pm Pilates I - 2 Karen
 4:30pm - 6:00pm Yoga I Julia
 4:30pm - 6:00pm Yoga I - 2 Lucy
 4:30pm - 6:00pm Yoga For Scoliosis Debbie
 5:15pm - 6:05pm Pilates I Karen
 6:15pm - 7:45pm Gentle Yoga Debbie
 6:15pm - 7:45pm Yoga 2 Lucy
 6:15pm - 7:45pm Yoga I Cheryl
 6:30pm - 8:00pm Foundations of Tom
 Meditation
 8:00pm - 9:30pm Yoga I Bonnie
 8:00pm - 9:30pm Yoga 2 - 3 Cheryl
 8:15pm - 9:45pm Fundamentals Zen Tom

THURSDAY

9:00am - 10:30am Yoga 2 Jeanne
 9:30am - 11:00am Yoga I Bita
 9:30am - 10:30am Lotus QiGong Beg. Jeri
 10:00am - 11:30am Yoga I - 2 Moses
 10:45am - 11:45am Lotus QiGong Int. Jeri
 10:45am - 12:15pm Gentle Yoga Debbie
 11:15am - 12:45pm Yoga 2 - 3 Bita
 4:30pm - 6:00pm Therapeutics Melinda
 4:30pm - 6:00pm Yoga I Debbie M.
 4:30pm - 6:00pm Yoga I Plus Colleen
 4:30pm - 6:00pm Yoga I - 2 Debbie
 6:15pm - 7:45pm Yoga I Tom
 6:15pm - 7:45pm Yoga I - 2 Moses
 6:15pm - 7:45pm Prenatal Yoga Darlene
 6:15pm - 7:45pm Gentle / Yoga I Debbie M.
 8:00pm - 9:30pm Yoga I Debbie M.
 8:00pm - 9:30pm Yoga I - 2 Tom
 8:00pm - 9:30pm Yoga 2 Moses
 8:00pm - 9:30pm Yoga - Stiff Bodies Bonnie

FRIDAY

9:00am - 9:20am Meditation Kathy
 9:30am - 11:00am Yoga I - 2 Kathy
 9:30am - 11:00am Yoga 2 Rimmi
 9:30am - 11:00am Yoga I Debbie M.
 11:15am - 12:45pm Yoga I - 2 Bita
 11:15am - 12:45pm Gentle / Yoga I Debbie M.
 11:15am - 12:15pm Yoga With Weights Debbie
 11:15am - 12:15pm Medical QiGong Jessica
 5:00pm - 6:30pm Yoga I Colleen
 6:15pm - 7:45pm Yoga I - 2 Debbie M.

SATURDAY

7:45am - 9:30am Yoga I - 2 & Meditation Kathy
 Pilates 2 Chris
 Yoga I Rimmi
 Pilates I Chris
 Yoga I - 2 Moses
 Yoga I - 2 Plus Rimmi
 Yoga 2 - 3 Bita
 Yoga I Moses
 Prenatal Yoga Bita
 Yoga Basics Regina
 For Women Bonnie/Liz
 Children's Yoga Bonnie/Liz
 (4-10 years)
 Teen Yoga Regina
 (HS & Ws Students)
 Back Yoga 6wks NEW

SUNDAY

8:30am - 10:30am White Plum Zen Community Tom
 Yoga 2 Moses
 Chair Yoga Melinda
 Yoga I Moses
 Yoga I - 2 Linda
 Yoga 2 Tom
 Community Yoga 4 wks Donna
 (Mixed Level)
 Meditation Stillwater
 Mindfulness Community

ALL CLASSES Continuing & Introductory - 12 weeks Monday, January 9- Sunday, April 1, 2012
All Yoga Classes - 1x per week \$192 2x per week \$360 All Pilates Classes - 1x per week \$168 2x per week \$336
 The Yoga Center, 8950 Route 108, Suite 109, Columbia, MD 21045 410-720-4340 www.columbiayoga.com
Please Circle The Entire Line Of Classes You Are Registering For AND Fill out the Registration Form On The Back.



Give The Gift Of Yoga This Season!