Introductory Classes - 10 weeks
Monday, July 13 - Sunday, September 20, 2009
1x per week $160 2x per week $300
Pilates Classes - 10 weeks
1x per week $140 2x per week $280

Continuing Classes - 11 weeks
Monday, July 6 - Sunday, September 20, 2009
1x per week $176 2x per week $330
Pilates Classes - 11 weeks
1x per week $154 2x per week $308

MONDAY

9:00am - 9:50am	Pilates 1	Karen	
9:30am -11:00am	Yoga 1	Lucy	
9:30am - 11:00am	Yoga 1 - 2	Rimmi	
10:00am - 10:50am	Pilates 1 - 2	Karen	
11:15am - 12:45pm	Therapeutics	Lucy	
11:15am - 12:15pm	Baby & Me	Liz	
4:30pm - 6:00pm	Yoga 1 - 2	Danuta	
5:00pm - 5:50pm	Pilates 1	Karen	
6:00pm - 6:50pm	Pilates 2 - 3	Karen	
6:15pm -7:45pm	Yoga 1	Rimmi	
6:15pm -7:45pm	Yoga 1 - 2	Kathy	
7:00pm - 8:00pm	Medical Longevity QiGong	Karl	
8:00pm - 9:30pm	Yoga 2	Rimmi	
8:00pm - 9:30pm	Yoga 3	Cheryl	

TUESDAY

7:00am - 8:15am	Yoga 1 - 2 Plus	Susanne	
9:00am - 10:30am	Yoga 1	Susanne	
9:30am - 11:00am	Gentle Yoga	Debbie	
10:00am - 11:30am	Yoga 2	Kathy	
~~12:15pm - 1:15pm~~	~~Mixed Level Yoga~~	~~Ashley~~	Cancelled
4:15pm - 5:45pm	Gentle Yoga	Debbie	
4:30pm - 6:00pm	Yoga 2	Susanne	
6:00pm - 7:30pm	Yoga 2	Cheryl	
6:15pm - 7:45pm	Yoga 1 - 2	Rimmi	NEW
6:15pm - 7:45pm	Yoga 1	Kathy	
8:00pm - 9:30pm	Hot Vinyasa Flow	Sandra	
7:45pm - 9:15pm	Yoga 1 - 2	Tom	
8:00pm - 9:30pm	Yoga 2	Kathy	

WEDNESDAY

9:30am - 10:45am	Yoga & Abs	Rimmi	
9:30am - 11:00am	Yoga 1 - 2	Debbie M.	
10:00am - 11:30am	Yoga 1	Kathy	
11:00am - 12:30pm	Yoga 2	Rimmi	
4:15pm - 5:05pm	Pilates 1 - 2	Karen	
4:30pm - 6:00pm	Yoga 1 - 2	Danuta	
5:15pm - 6:05pm	Pilates 1	Karen	
6:15pm - 7:45pm	Gentle Yoga	Debbie	
6:15pm - 7:45pm	Yoga 2	Danuta	
6:15pm - 7:45pm	Yoga 1	Cheryl	
8:00pm - 9:30pm	Yoga 1 - 2	Danuta	
8:00pm - 9:30pm	Yoga 2 Plus	Cheryl	

THURSDAY

7:00am - 8:15am	Yoga 1	Jeanne	NEW
9:00am - 10:30am	Yoga 1 - 2	Jeanne	
9:30am - 11:00am	Yoga 1	Danuta	
9:30am - 11:00am	Yoga 2	Debbie M.	
10:45am - 12:15pm	Gentle Yoga	Debbie	
4:30pm - 6:00pm	Yoga 1 - 2	Debbie	NEW
6:15pm - 7:45pm	Power Flow	Julia	
6:15pm - 7:45pm	Prenatal Yoga	Debbie	
6:15pm - 7:45pm	Yoga 1	Tom	
8:00pm - 9:30pm	Yoga 1	Julia	
8:00pm - 9:30pm	Foundations of Meditation	Tom	NEW

FRIDAY

~~9:30am - 11:00am~~	~~Yoga 2~~	~~Cathy C.~~	Cancelled
9:30am - 11:00am	Yoga 1	Rimmi	
9:45am - 11:30am	Yoga 1 - 2 & Meditation	Kathy	
5:00pm - 6:30pm	Yoga 1 - 2	Danuta	
6:45pm - 8:00pm	Yoga 1	Danuta	

SATURDAY

7:45am - 9:30am	Yoga 1 - 2 & Meditation	Kathy	
8:00am - 8:50am	Pilates 2	Karen	
8:00am - 9:30am	Yoga 1	Rimmi	
9:00am - 10:30am	Power Flow	Moira	NEW
9:45am - 11:15am	Yoga 1 - 2 Plus	Rimmi	
10:00am - 11:30am	Yoga 2	Danuta	
10:45am -12:15pm	Yoga 1	Kathy	
11:45am - 1:00pm	Prenatal Yoga	Danuta	

SUNDAY

9:00am - 10:30am	Yoga 2	Moses	
9:00am - 10:30am	Essentials Of Zen	Tom	NEW
10:45am -12:15pm	Yoga 1	Moses	
10:45am - 12:15pm	Yoga 2	Tom	
* 6:30pm	Meditation	Stillwater Mindfullness Community	

* Seated and walking meditation and discussion - no registration required - good will donation. See website for details or email: *ColumbiaInfo@StillwaterMPC.org*.

THE YOGA CENTER OF COLUMBIA SUMMER 2009 REGISTRATION FORM

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____ City_____ State_____ Zip_____

Please (√) ☐ The address above is new

Please send the quarterly newsletter via? ☐U.S. Postal Service ☐E-mail_____

Telephone # : (Nights) _____ (Days)_____

Class/Level:_____ Day:_____ Time:_____ Instructor:_____

Class/Level:_____ Day:_____ Time:_____ Instructor:_____

(√) Only if discount is applicable: ☐ -10% for Teens ☐ -10% for Seniors 60+ **Total Amount: $**_____

Payment Type: (√) ☐Cash ☐Check ☐Visa ☐MasterCard ☐American Express ☐Discover

Please Complete For Credit Card Mail-In and Fax Registrations Only:

Acct. No.:_____ Exp. Date: _____ Signature:_____

*Refund Policy: $40 administration fee is non-refundable. After week 1, all tuition less registration fee. After week 2, 75% of the tuition. After week 3, 50% of the tuition. After week 4, 25% of the tuition. No refunds after week 5.