

Winter 2024

Jan 8 - April 7, 13-weeks

Multi-class discounts:

1 class per week \$208

2 classes per week \$390

3 classes per week \$546

4 classes per week \$676

Drop in class \$20

Pre-teen, teen class session \$156

All classes expire April 7, 2024



Class Schedule

Over 100 classes per week to fit your needs and your schedule

Workshops

Enhance your learning and your life with weekend workshops



Trainings

Yoga teacher trainings that qualify you to certify with Yoga Alliance plus in-depth immersions



Registration

- Create account at columbiayoga.com
- Purchase class package
- Reserve classes

10% discount for seniors (60+), teens, and military personnel

Our Community

Who we are is you!
Join in our many community events.



Your first class
with us is free!

See website for details
www.columbiayoga.com/free-class



www.columbiayoga.com
8950 Route 108
Columbia, MD 21045
410-720-4340
info@columbiayoga.com



Yoga Center
OF COLUMBIA

Winter 2024

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Yoga, Pilates,
Meditation, Qigong

- Personalized attention
- Sessions for progressive learning
- Flexible scheduling
- Generous makeup policy
- In-studio and online classes
- Experienced, caring instructors
- Ample parking
- Welcoming, inclusive community

Class Schedule

Monday

9:00-9:20am	H	AM Meditation FREE	Kathy
9:00-10:00am	H	Mobility Stretch 1	Karen
9:00-10:30am	H	Yoga 1-2/Meditation	Rimmi
9:15-10:30am	Z	Yoga 1+	Kelly
9:30-10:30am	Z	Yoga with Weights	Katie NEW
9:30-11:00am	H	Yoga 1	Kathy
9:30-11:00am	H	Gentle Yoga	Colleen
10:15-11:15am	H	Pilates 1-2+	Karen
11:15-12:45pm	H	Yoga 1	Jen NEW
11:15-12:45pm	H	Extra Gentle Yoga	Colleen
4:00-5:15pm	H	MFR Release & Reset	Madeline NEW
4:30-6:00pm	H	Yoga 1+	Lucy
5:00-6:00pm	Z	Pilates 1	Jen
5:15-6:15pm	H	Mobility Stretch	Karen
6:00-7:30pm	H	Yoga 1	Rimmi
6:15-7:45pm	H	Yoga 1-2	Bitu
6:15-7:30pm	H	Yoga 2	Romy NEW
6:30-7:30pm	H	Pilates 2	Karen
6:30-7:30pm	Z	Qigong	Jeri
6:45p-8:00pm	Z	Yoga 1	Kelly

Tuesday

7:00-8:00am	H	Yoga 1-2	Lauren
9:00-9:20am	Z	Balance Your Energies FREE	Jacqueline
9:30-10:30am	Z	Mindfulness Meditation	Kathy
9:30-10:45am	H	Yoga for Healthy Bones and Joints	Karla
9:30-11:00am	H	Yoga 1-2	Chris
9:30-11:00am	H	Yoga 1-2 Weights and Balance	Jeanne
10:45-12:15pm	H	Yoga 2	Jen
11:15-12:45pm	H	Yoga 1	Chris
11:30-1:00pm	Z	Chair Yoga	Barbara
12:30-1:30pm	H	Foam Roller	Jen
1:00-2:00pm	Z	Yoga for People with Movement Disorder FREE	Various Teachers
4:00-5:30pm	Z	Yoga 1	Heather
4:30-6:00pm	H	Gentle Yoga	Colleen
4:30-6:00pm	Z	Yoga for Healthy Back	Jodie
5:30-7:00pm	Z	Yoga Core	Jeanne
6:00-7:15pm	H	Restorative EM Yoga	Jacqueline
6:00-7:30pm	H	Yoga 1-2	Rimmi
6:15-7:15pm	H	Pilates 1-2	Karen
6:15-7:45pm	S	Yoga 1	Colleen
7:30-9:00pm	H	Yoga 2	Kelly

Jan 8 - April 7

Wednesday

8:00-9:15am	H	Yoga 1/ Meditation	Rimmi
9:00-9:20am	H	AM Meditation FREE	Karen
9:15-10:30am	Z	Yoga 1+	Kelly
9:30-10:30am	H	Pilates 1	Karen
9:30-10:30am	H	Yoga with Weights	Katie
9:30-10:30am	Z	Yoga for Osteoporosis	Jen
9:30-10:45am	H	Yoga 1-2 & Core	Rimmi
10:00-11:30am	H	Yoga 1+	Nancy
10:45-11:45am	H	Mobility Stretch 2	Karen
11:00-12:00pm	H	Mixed Level Donation for UNICEF	Heather
11:15-12:45pm	H	Extra Gentle Yoga	Mo
1:00-2:30pm	Z	Gentle Yoga	Heather
4:30-6:00pm	H	Yoga 1-2+	Lucy
6:15-7:15pm	H	Pilates 1	Karen
6:15-7:45pm	H	Yoga 1-2	Mo
6:15-7:45pm	H	Gentle/Yoga 1	Lucy
6:30-7:45pm	H	Pregnancy Yoga	Kate
7:30-9:00pm	H	Yoga 2+	Chris
8:00-9:00pm	H	Yoga for Men	Bitu
8:00-9:15pm	H	Yin Yoga	Kate

Thursday

9:00-9:20am	Z	AM Meditation FREE	Jen
9:30-10:30am	Z	Pilates for Osteoporosis	Jen
9:30-11:00am	H	Yoga 1	Bitu
9:30-11:00am	Z	Yoga 1-2	Heather
10:00-11:30am	H	Yoga 2	Jeanne
10:30-11:45am	H	Gentle Yoga w Weights	Kelly
11:15-12:45pm	H	Yoga 2	Bitu
11:15-12:45pm	H	Gentle Yoga/Yoga 1	Barbara
1:00-1:45pm	Z	Accessible Yoga/Y4A FREE	Heather/Lucy/Hiya
1:00-2:30pm	H	Yin Yoga	Linda S
4:30-6:00pm	Z	Yoga 1	Jodie
6:00-7:30pm	H	Yoga 2	Megan NEW
6:15-7:15pm	H	Pilates 2	Karen
6:15-7:45pm	H	Yoga 1-2	Bitu
7:30-8:45pm	Z	Yin Yoga	Jodie

Key:
H=hybrid, **Z**+S
Z=online only
S=in studio only



Winter 2024

Friday

6:30-7:30am	Z	Aligned Flow	Madeline NEW
9:00-9:20am	H	AM Meditation FREE	Kathy
9:00-10:30am	H	Yoga 1	Rimmi
9:30-10:45am	H	Yoga Core+	Katie
9:30-11:00am	H	Yoga 1-2	Kathy
9:30-11:00am	H	Yoga for Healthy Bones & Joints	Karla
11:15-12:15pm	Z	Pilates 1-2	Jen
11:15-12:45pm	H	Gentle/Yoga 1	Mo
11:15-12:45pm	H	Yoga 1-2	Bitu
12:00-1:30pm	Z	Extra Gentle Yoga	Heather
5:00-6:30pm	Z	Yoga 1-2	Jodie

Saturday

7:45-9:30am	H	Yoga 1-2/Meditation	Chris
8:00-9:15am	H	Yoga 1	Kate
9:00-10:15am	H	Gentle Yoga	Karla
9:00-10:30am	H	Yoga 1-2	Bitu
9:30-11:00am	H	Yoga 1-2	Kate
9:45-11:15am	H	Yoga 1	Chris
10:30-12:00pm	H	Gentle/Yoga 1	Mo
10:45-12:15pm	H	Yoga 2-3	Bitu
12:30-1:30pm	H	Preteen/Teen Yoga	Lauren

Sunday

8:00-8:30am	Z	AM Meditation FREE	Suzanne
9:00-10:30am	H	Gentle Yoga	Zach NEW
9:00-10:30am	H	Yoga 1	Kelly
9:00-10:30am	H	Yoga 2	Bitu
9:00-10:30am	H	Extra Gentle Yoga+	Patty
10:45-12:15pm	S	Meditation FREE	New Dawn Sangha
10:45-12:15pm	H	Yoga 1	Bitu
10:45-12:15pm	H	Yoga 1-2	Kelly



www.columbiayoga.com