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**Mind Body Movement Classes**

- All aqua classes are 45 minutes unless otherwise stated. All land classes are 60 minutes unless otherwise stated.
- Additional fee may be required for classes one week in advance.
- For updated schedule, class descriptions and to register for classes online visit HavenontheLake.org.
- Small group and private Pilates, yoga, aqua, TRX and barre classes are available. Please email HOL@ColumbiaAssociation.org.

**Effective Saturday, Feb. 3, 2018**

- Mon-Fri, 9am-9pm • Sat-Sun, 8:30am-4pm
- Mon-Fri, 6am-10pm • Sat-Sun, 7am-7pm

**KidSpace Regular Hours of Operation**

- Mon-Fri, 9am-9pm • Sat-Sun, 8:30am-4pm
- Mon-Fri, 6am-10pm • Sat-Sun, 7am-7pm

**Refresh** members may register for classes 72 hours in advance. Additional fee may be required.

**Revive** members may register for classes one week in advance. For updated schedule, class descriptions and to register for classes online visit HavenontheLake.org.

Small group and private Pilates, yoga, aqua, TRX and barre classes are available. Please email HOL@ColumbiaAssociation.org.
AQUA

Barre
45 minutes - All levels
Enhance your flexibility, strength and balance by taking the water to flowing ballet-inspired movements and aqua resistance. Aqua Flex equipment, gliding discs and weights may be used.

Circuit
45 minutes - All levels
This class offers the latest in trending aquatic equipment and training techniques including Aquasculpt®, aqua punching bag, TRX®, HydroRiders® bikes and more! This is guaranteed to be a fun challenge to help you achieve your well-being goals.

Fusion
45 minutes - All levels
This class is the perfect combination of aqua mind body classes to rejuvenate your body, calm your mind. Improve your cardiovascular strength, endurance and flexibility with this blend of Pilates, barre, yoga and classes. May include Aquasculpt®, HydroRider® bike, aqua trampoline and aqua punching bag.

Pilates
45 minutes - All levels
Experience the evolution of your physique through classical Pilates instruction in our movement and relaxation pool.

Spin
45 minutes - All levels
This cardio cycle class uses the resistance of water to challenge and refresh. This cardio cycle class uses the resistance of water to challenge and refresh.

TRX
40 minutes - All levels
A fusion of TRX and Barre.

Barre and Dance
Barre Essence
45/50/60 minutes - All levels
This class integrates movements and postures from ballet, Pilates and yoga to lengthen, strengthen and shape your body. A variety of props such as bands, balls and weights are used.

Barre Pilates
45/60 minutes - All levels
Sculpt your physique with a beautiful blend of barre and Mat Pilates.

LaBlást® and Stretch
45/55 minutes - All levels
Dance like a star in this partner-free, easy to follow class. The choreography takes you through all the moves you see on Dancing with the Stars. Created by Louis Van Amstel. Dancing with the Stars pro, you will have a blast as you let it go and just dance! A soothing stretch and cooldown will follow.

TRX Barre
40 minutes - All levels
A fusion of TRX and Barre.

PILATES

Mat Essentials
45/50/60 minutes - Beginner Level
Learn classical Pilates movements at a comfortable pace. Create a strong foundation for future learning that will lead to a stronger core, longer muscles and greater flexibility.

Mat Tower
55 minutes - All levels
Strengthen your body while working on the Pilates Mat and attached Tower. The Tower has arm and leg springs for lengthening the body and bars to add resistance. You will feel stronger and safer for every class. (Additional fee required.)

Pilates Chair/Mat
60 minutes - Intermediate Level
Using the Peak Pilates MvE (Maximum Variable Exercise) chair, strength training exercises in a variety of positions based on the fundamentals of Pilates to develop and enhance your core.

Pilates Primer
45 minutes - Beginner Level
This one-time package of three 45 minute sessions will get you started with Pilates in the privacy of a one on one setting. Your instructor will help build your confidence and get familiar with the intro exercises on the mat and reformer to prepare you for your first step with Pilates. New Pilates participants only. (Additional fee required.)

Reformer Groups
55 minutes - All levels
Apply the Pilates methodology on the Reformer in a group setting, and challenge yourself as you lengthen and strengthen your entire body working with the spring resistance on a movable surface. Classes are offered in different ability levels. (Additional fee required.)

Reformer Orientation
45 minutes - Beginner Level
For students new to Pilates. The instructor will introduce and lead you through beginning Pilates exercises in the Pilates studio including the Pilates Reformer, Chair or Tower.

YOGA

Beginner: Recommended for all new students and those recently starting their yoga practice.

Intermediate: For students with previous yoga experience wanting to delve deeper into more advanced practices.

All Levels: For students with previous yoga experience. Modifications will be offered from beginner to advanced. New students are welcome, but are advised there may not be detailed instructions.

Baby Bliss
(Prenatal and Postnatal Yoga)
60 minutes - All levels
Fee for non-members
Prepare yourself for labor and recovery while claiming your energy and vitality. Baby Bliss combines controlled breathing, meditation and fundamental postures with gentle flowing movements. For your wellbeing and the wellbeing of your baby, consult your healthcare professional prior to engaging in Baby Bliss.

Community Vinyasa
60/75 minutes - All levels
In the spirit of satsang, Haven opens this class to the community and members alike. Satsang is the yogic tradition of coming together to support, inspire and learn from one another.

Flow and Restore
60 minutes - All levels
A rejuvenating vinyasa flow is followed by restorative yoga, which helps poses for longer periods of time with the support of props to relax the body, mind and spirit.

Hatha
60/75 minutes - Intermediate
A slow paced style which holds yoga poses longer to build strength, endurance and improve flexibility. Build upon Yoga Basics fundamentals and explore deeper versions of the poses.

Haven Alignment Wall Yoga
60/75 minutes - All levels
The support of props and the Yoga Wall allow for students to safely explore and deepen yoga postures, including inversions, with specific focus on form and alignment.

Heated Vinyasa
60/75 minutes - Intermediate
Vinyasa flow yoga in a heated room.

Restorative Yoga
60 minutes - All levels
A sequence of poses which are held for longer periods of time to calm and rest your entire body and mind. With the help of props, loosen tight muscles while finding peaceful stillness to prepare you for ultimate relaxation in corporate pose.

Sunrise Hatha/Sunshine Vinyasa
60 minutes
Awaken with an energizing Hatha or Vinyasa class to greet the new day.

Vinyasa
60/75 minutes - Intermediate
This flowing style of yoga synchronizes the breath with each movement. You will build upon Yoga Basics fundamentals by practicing at a faster, fluid pace.

Yoga Basics
60 minutes - Beginner
Build the foundation of your yoga practice as you explore the physical and mental connection with the breath. Each class focuses on mindfulness, meditation, sun salutations, postures, alignment and introduces yoga philosophies.