

# Mind Body Movement Classes



AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	■ Sunrise Vinyasa	■ Aqua Spin	■ Sunrise Vinyasa	■ Aqua Spin	■ Sunrise Vinyasa	■ Haven TRX® 40 min • 7:15am	
8am	■ Mat Enhanced		■ Aqua Spin	■ Haven TRX 40 min		■ Aqua Spin • 40 min ■ Heated Vinyasa 70 min ■ Haven TRX • 40 min	■ Heated Vinyasa ■ Haven TRX 45 min • 8:15am
8:45am		■ Barre Essence		■ Barre Essence		■ Aqua Spin • 40 min ■ Barre Essence 50 min	■ TRX Barre 40 min • 9:10am
9:30am	■ Heated Vinyasa 70 min ■ Barre Essence	■ Yoga Basics	■ Vinyasa 70 min ■ Mat Enhanced	■ Yoga Basics	■ Energy Medicine Vinyasa Yoga 70 min ■ Barre Pilates	■ Mat Essentials 40 min • 9:20am	■ Yoga Basics 9:30am
9:45am	■ Aqua Circuit				■ Aqua Spin	□ Lablast Splash 40 min	
10am		■ Haven TRX 40 min		■ Haven TRX 40 min		■ Haven Circuit ■ Vinyasa • 10:10am	■ Barre Essence ■ Aqua Spin
10:45am	■ Aqua Yoga ■ Pilates Chair/Mat	■ Hatha 70min	■ Aqua Fusion ■ Barre Essence ■ Reformer Orientation 45 min	■ Energy Medicine Vinyasa Yoga 70 min	■ Aqua Pilates ■ Piyo	■ Reformer Orientation 10:30am ■ Aqua Yoga 40 min • 10:35am ■ Pilates Chair/Mat 45 min • 11:30am ■ Flow and Restore 11:30am	
11am	■ Yoga Basics 70 min	■ Barre Pilates	■ Yoga Basics 70 min	■ Mat Enhanced	■ Hatha 70 min		■ Yin Yoga ■ Hatha with Props 75 min • 11:30am
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Noon		■ Aqua Yogalates		■ Aqua Spin			
12:15pm		■ Hatha 45 min		■ Hatha 45 min	■ Qigong	■ Meditation 30 min • 12:35pm	■ Community Yoga**
1pm			■ Haven TRX 45 min		■ Haven TRX	■ Monthly Yoga 101 Workshops 1-2:30pm (Fourth Saturday of each month)	■ Tai Chi • 1-2pm
4:30pm		■ Energy Medicine Yoga • 75 min		■ Gentle Yoga			■ Vinyasa • 4pm
5pm	■ Mat Enhanced 50 min	■ Yoga Sculpt	■ Barre Pilates 50 min	■ Heated Power Yoga			■ Aqua Spin 5:15pm
6pm	■ Aqua Spin ■ Hatha • 75 min ■ Barre Essence 50 min	■ Aqua Fusion	■ Aqua Barre ■ Yin Yoga ■ Barre Essence 50 min	■ Aqua Fusion	■ TGIF Aqua Circuit		
6:15pm		■ Barre Essence 50 min ■ Hatha		■ Barre Essence 50 min ■ Hatha			
6:45pm					■ Flow and Restore 75 min		
7pm		■ Aqua Spin		■ Aqua Spin			
7:15pm	■ Haven TRX	■ Release and Stretch 45 min	■ Haven TRX	■ Haven TRX			
7:30pm	■ Vinyasa	■ Community Vinyasa**	■ Vinyasa	■ Vinyasa			

**Haven on the Lake**  
Regular Hours of Operation  
Effective February 15, 2019  
Mon-Fri, 6am-10pm  
Sat-Sun, 7am-7pm

**KidSpace Regular**  
Hours of Operation  
Mon-Fri, 9am-9pm  
Sat-Sun, 8:30am-4pm

**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](http://HavenontheLake.org).

Small group and private Pilates, yoga, aqua, TRX and barre sessions are available. Please email [HOL@ColumbiaAssociation.org](mailto:HOL@ColumbiaAssociation.org).

**Class type**

- Aqua
- Barre and Dance
- Toning
- Pilates
- Yoga
- Internal Energy
- LaBlast®

- All land classes are 60 minutes unless otherwise noted.

- All aqua classes are 45 minutes unless otherwise noted.

- \$=Fee

- Class/instructor schedules subject to change.

**\*\*Community Vinyasa and Community Yoga**  
\$7 drop-in for non-members.  
Free for Revive members.

# Class descriptions

## AQUA

### **Aqua Barre** 45 minutes • All levels

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

### **Aqua Circuit** 45 minutes • All levels

This class offers the latest in trending aquatic equipment and training techniques, including Acquapole®, aqua punching bag, Hydrorider® bikes and more! This is guaranteed to be a fun challenge to help you achieve your wellness goals.

### **Aqua Fusion** 45 minutes • All levels

This class is the perfect combination of aqua mind body classes to rejuvenate your body and calm your mind. Improve your cardiovascular strength, endurance and flexibility with this blend of Pilates, barre and yoga. Classes may include Acquapole®, Hydrorider® bike, aqua trampoline and aqua punching bag.

### **Aqua Pilates** 45 minutes • All levels

Experience the evolution of your physique through classical Pilates instruction in our movement and relaxation pool.

### **Aqua Spin** 45 minutes • All levels

This cardio cycle class uses the resistance of water to challenge and soothe simultaneously in the ultimate mind body experience. Leave feeling refreshed and renewed.

### **Aqua Yoga** 45 minutes • All levels

Revive your mind, body and balance with the support of a gentle aquatic environment. Enhance physical, mental and emotional health with yoga while warm water offers your body support.

### **Aqua Yogalates** 45 minutes • All levels

A fusion of yoga and Pilates.

### **LaBlast® Splash** 45 minutes • All levels

Created by Louis Van Amstel, you will learn all the dances from "Dancing with the Stars," and burn calories, in this pool dance workout.

## BARRE AND DANCE

### **Barre Essence** 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.

### **TRX® Barre** 40 minutes • All levels

A fusion of TRX and Barre.

## BODY WORK

### **Release and Stretch** 45 minutes • All levels

A fusion of relaxing myofascial release and kinesthetic stretching using foam rollers, t-spheres and more.

## INTERNAL ENERGY

### **Meditation** 30 minutes • All levels

A guided practice of allowing the mind to open. Meditation uses focus, visualization and the breath to increase awareness of the present moment and enhance personal growth. Benefits may include increased relaxation, stress reduction and an overall sense of well-being.

### **Qigong** 60 minutes • All levels

Cultivate the ancient Chinese art of meditation and energy control by performing specific postures, slow and gentle movements, controlled breathing and mental focus. Regularly engaging in Qigong will bring balance and harmony to the mind and body, promoting healing and vitality.

### **Tai Chi** 60 minutes • All levels

Introduce yourself to this ancient Chinese mind body martial art. Tai Chi blends various postures and flowing movements that enhance the flow of the body's internal energy while embracing the union of mind and body.

## PILATES

### **Mat Enhanced (Mat with Props)** 60 minutes • All levels

Perform the movements of Mat Pilates with the assistance and resistance of accessories such as bands, balls and other props to strengthen your core. Regardless of your level, you will find this class fun and rejuvenating.

### **Mat Essentials** 40/50/60 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

Stretch and 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 longer after every class. (Additional fee required.)

### **Pilates Chair/Mat** 60 minutes • Intermediate level

Using the Peak Pilates MVe (Maximum Versatility exercise) Chair, perform 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 next step with Pilates. New Pilates participants only. (Additional fee required.)

## PILATES

### **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.

## TONING

### **Haven Circuit** 45 minutes • All levels

An efficient conditioning and muscle-sculpting mind body class that focuses on the whole body. Offered in our pool and mind body studios, you will burn calories and challenge your whole body in a high-energy, effective workout.

### **Haven TRX®** 40/45 minutes • All levels

Haven TRX provides the ideal mix of support and mobility to build strength, balance, endurance, coordination and core stability all at once using your body weight and suspension straps. This class will also fuse movements from other Haven mind body classes such as yoga, barre and Pilates.

### **Piyo** 60 minutes • All levels

A mat-based class that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga. A fun and intense workout designed for people who like to sweat and burn calories, Piyo is a dynamic and flowing, total body workout.

## 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.

### **Community Vinyasa** 60 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.

### **Energy Medicine Yoga** 75 minutes • All levels

This class integrates working with the body's eight different energy systems while practicing familiar yoga postures. Experience the art of moving energy by learning to communicate with the body in a language it understands through tapping, acupressure meridian points, neurolymphatic reflex self-massage and movement patterns to influence specific flows of energy.

### **Energy Medicine Vinyasa Yoga** 70 minutes • Intermediate level

Amplify your healing power, receiving the benefits of both a vigorous vinyasa flow and Energy Medicine Yoga. Experience the art of moving energy by learning to communicate with your body in a language it understands using tapping, acupressure holds, and energy medicine techniques.

## YOGA

### **Flow and Restore** 60 minutes • All levels

A rejuvenating vinyasa flow is followed by restorative yoga, which holds poses for longer periods of time with the support of props to relax the body, mind and spirit.

### **Gentle Yoga** 60 minutes • Beginner level

A restful, calming class including breathing, gentle flowing movements, and passive and supported poses. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

### **Hatha** 45/60/70/75 minutes • All levels

A slow-paced style that holds yoga poses longer to build strength, endurance and flexibility. Build upon Yoga Basics fundamentals and explore deeper versions of the poses.

### **Hatha with Props** 75 minutes • All levels

Using the support of various props, including the Haven Yoga Wall, students can safely explore and deepen yoga postures, including inversions, with specific focus on form and alignment.

### **Heated Power Yoga** 60 minutes • All levels

Energizing Ashtanga-based yoga in a heated room with upbeat music. This athletic vinyasa-style flow improves strength, flexibility, and cardiovascular health.

### **Heated Vinyasa** 60/75 minutes • Intermediate level

Vinyasa flow yoga in a heated room.

### **Sunrise Vinyasa** 60 minutes • All levels

Awaken with an energizing Vinyasa class to greet the new day.

### **Vinyasa** 60/70 minutes • Intermediate level

This flowing style of yoga synchronizes breath with movement. You will build on the fundamentals from Yoga Basics and Hatha yoga, flowing a faster, fluid pace while listening to upbeat music.

### **Yin Yoga** 60 minutes • All levels

Yin Yoga is a very quiet and slow-paced practice. Most postures are seated and held for three to five minutes, which deliberately targets the deep connective tissues within the body. Yin Yoga can improve joint health, flexibility, circulation and mental clarity. Comfortable, layered clothing is recommended.

### **Yoga Basics** 60 minutes • Beginner level

Build the foundation of your yoga practice as you develop a physical and mental connection with the breath. Each class focuses on mindfulness, meditation, sun salutations, postures, alignment and introduces yoga philosophies.

### **Yoga Sculpt** 60 minutes • All levels

Build strength and burn calories as we combine weight training, cardio, and vinyasa yoga for a one-of-a-kind workout. Plan to challenge yourself physically as we mindfully move, sweat, and flow.