<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>6:15am</td>
<td><strong>Haven TRX</strong></td>
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<tr>
<td>8am</td>
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<td></td>
<td><strong>Cardio Power Yoga</strong></td>
<td><strong>Vinyasa</strong></td>
<td><strong>Yoga Sculpt</strong></td>
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<tr>
<td>8:45am</td>
<td><strong>Barre Essence</strong></td>
<td><strong>45 min</strong></td>
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<tr>
<td>9:15am</td>
<td><strong>Barre Essence</strong></td>
<td><strong>45 min</strong></td>
<td><strong>NEW Barre/TRX</strong></td>
<td><strong>Pilates Mat</strong></td>
<td><strong>Aqua Spin</strong></td>
<td><strong>Cardio Barre</strong></td>
<td><strong>45 min</strong></td>
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<tr>
<td>9:30am</td>
<td><strong>Reformer Lvl 1/2 $</strong></td>
<td><strong>Reformer Lvl 1 $</strong></td>
<td><strong>Reformer Lvl 1/2 $</strong></td>
<td><strong>Yoga Basics</strong></td>
<td><strong>Haven Reach</strong></td>
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<tr>
<td>10am</td>
<td>Haven at Home</td>
<td>Haven at Home</td>
<td>All Level Vinyasa Yoga • Heather</td>
<td><strong>Haven TRX</strong></td>
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<tr>
<td>10:15am</td>
<td><strong>All Level Yoga</strong></td>
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<td><strong>Aqua Spin</strong></td>
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<tr>
<td>10:30am</td>
<td><strong>Reformer Lvl 1/2 $</strong></td>
<td><strong>Aqua Spin</strong></td>
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<td><strong>Cardio Ballet Barre</strong></td>
<td><strong>45 min</strong></td>
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<tr>
<td>10:45am</td>
<td><strong>Pilates Mat</strong></td>
<td><strong>Yin Yoga</strong></td>
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<tr>
<td>4:30pm</td>
<td>Haven Online</td>
<td><strong>Mat Pilates • Jen</strong></td>
<td><strong>55 min</strong></td>
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<tr>
<td>5:15pm</td>
<td><strong>Vinyasa</strong></td>
<td><strong>NEW Yin Yoga</strong></td>
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<tr>
<td>5:30pm</td>
<td><strong>Haven Online</strong></td>
<td><strong>Foam Roller • Jen</strong></td>
<td><strong>55 min</strong></td>
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<tr>
<td>5:45pm</td>
<td><strong>Yoga Sculpt</strong></td>
<td><strong>Barre Essence</strong></td>
<td><strong>45 min</strong></td>
<td><strong>Aqua Fusion</strong></td>
<td><strong>Cardio Barre</strong></td>
<td><strong>45 min</strong></td>
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<tr>
<td>6pm</td>
<td><strong>Cardio Barre</strong></td>
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<td><strong>45 min</strong></td>
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<tr>
<td>6:15pm</td>
<td><strong>Haven Online</strong></td>
<td><strong>Yin Yoga • Kelly</strong></td>
<td><strong>NEW Haven Online Flows and Restore</strong></td>
<td><strong>Heather</strong></td>
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<tr>
<td>6:30pm</td>
<td><strong>Haven at Home</strong></td>
<td><strong>Reach • Jillian</strong></td>
<td><strong>NEW Haven Online</strong></td>
<td><strong>Flow and Restore</strong></td>
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<tr>
<td>6:45pm</td>
<td><strong>Flow and Restore</strong></td>
<td><strong>Vinyasa</strong></td>
<td><strong>NEW Haven Online Flows and Restore</strong></td>
<td><strong>Where You Are</strong></td>
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<tr>
<td>7pm</td>
<td><strong>Haven TRX</strong></td>
<td><strong>Aqua Spin</strong></td>
<td><strong>NEW Aqua Spin</strong></td>
<td><strong>Aqua Spin</strong></td>
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**Class type:**  
- **Aqua**  
- **Barre**  
- **Internal Energy**  
- **Pilates**  
- **Toning**  
- **Yoga**

**Haven Online classes**  
Students will be emailed a Google Meet link upon registration. Students must register at least 25 hrs in advance.

**Community classes are $7 and open to both members and non-members. Free for Revive members.**

**$ = Fee**  
Register at front desk/call to confirm drop-in availability.

Levels 1, 1/2:  
- Appropriate for beginners
- Appropriate for students with Pilates equipment experience

Small group and private Pilates, yoga, aqua, TRX and barre sessions are available. Email HOLL@columbiaassociation.org.

**Haven on the Lake Regular Hours of Operation:**  
Mon-Fri, 6am-8pm • Sat-Sun, 7am-5pm

**KidSpace is currently closed**
**AQUA**

- **Aqua Fusion**
  45 minutes
  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®, Hydromizer® bike, aqua trampoline and aqua punching bag.

- **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.

**BARRÉ**

- **Barre Essence**
  45 minutes • All levels
  This class integrates movements and postures from ballet, Pilates and yoga to lengthen, strengthen and shape your body. Light weights may be used.

- **Cardio Ballet Barre**
  45 minutes • All levels
  This ballet barre class includes traditional ballet technique, plus toning. Learn an easy-to-follow full ballet combination at the barre while burning calories.

- **Cardio Barre**
  45 minutes • All levels
  A high-energy barre class that combines barre work, light weight training, core strengthening and bursts of cardio intensity.

**INTERNAL ENERGY**

- **Community Tai Chi**
  60 minutes • All levels
  In the spirit of satsang, Haven opens this class to the community and members alike. 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. Community classes are $7 and open to both members and non-members.

- **Finding Peace Right Where You Are Online only**
  45 minutes • All levels
  This practice will help you find peace and leave you feeling grounded and nourished. Classes include guided meditations and guidance on applying mindfulness to your everyday life. No prior meditation experience required.

**PILATES**

- **Level 1:** Recommended for students with little or no experience.
- **Level 1/2:** Recommended for students with some Pilates experience.
- **Level 2:** Recommended for students with Pilates experience who want to delve into a more advanced practice.
- **Level 2/2:** Recommended for advanced Pilates students.

- **Pilates Mat**
  45 minutes • All levels
  This inspiring and uplifting class will lengthen your body and strengthen your core. Appropriate for all fitness levels.

- **Pilates Reformer**
  55 minutes
  In a group setting, apply the Pilates methodology as performed on the Reformer and challenge yourself as you lengthen and strengthen your entire body, working with the spring resistance on a movable surface. Classes offered in different levels.

**TONING**

- **Foam Roller**
  45 minutes • All levels
  Discover the freedom and efficiency of movement with the playful foam roller. Participants will develop and deepen core awareness as they mobilize the spine and release tired muscles. Modifications for special conditions will be offered as needed.

- **Haven Reach**
  45 minutes • All levels
  Upper body and core strength training class that will focus on long-lever movements, integrating flowing and reaching movements to tone and stretch the body.

**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.

- **Pre- and Postnatal Yoga**
  60 minutes • Beginner level
  Yoga class designed for pregnant and postnatal women with certified yoga teachers.

- **Vinyasa Yoga**
  60 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 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 introducing yoga philosophies.

- **Yoga Sculpt**
  45 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.