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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>6:15am</td>
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**Community classes are $7 and open to both members and non-members. Free for Revive members.**

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**Classes:**
- **Aqua**
- **Barre**
- **Internal Energy**
- **Pilates**
- **Toning**
- **Yoga**

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**Haven Online classes**

Students will be emailed a Google Meet link upon registration. Students must register at least 25 hours before class.

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**Small group and private Pilates, yoga, aqua, TRX and barre classes are available. Email: HOL@ColumbiaAssociation.org.**

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**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 Aquacoupe®, Hydromold® 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.

BARRE

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.

Mindful Mondays • Online only
45 minutes • All levels
This online class is an opportunity to start off your week feeling grounded and nourished. Class includes guided meditation and guidance on applying mindfulness to your everyday life. No prior experience with meditation is 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 2/3: Recommended for advanced Pilates students.

Pilates Reformer $55 minutes

All levels

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
55 minutes • Online only
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.

Haven TRX®
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 modalities such as yoga, barre, and Pilates.

HIIT
45 minutes • All levels • Online only
HIIT—High-intensity interval training—combines brief bursts of intense exercise followed by periods of lower-intensity exercise or complete rest. This workout will improve your heart health, muscular strength, metabolism and mood.

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.

ALL LEVEL YOGA
60 minutes • All levels
This class includes sun salutation warm up, seated and standing postures; modifications for all levels offered.

Cardio Power Yoga
60 minutes • All levels
An energizing Ashtanga-based vinyasa-style yoga in a heated room. This athletic flow improves strength, flexibility, and cardiovascular health.

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.

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

Vinyasa
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.