

Pilates

Pilates is a system of exercises designed by Joseph Pilates to work the deep core muscles of the body increasing performance in athletics and daily life. Brilliantly, it can flatten your abs, shape your buttocks and legs, increase strength, invigorate the mind, and improve posture, balance and coordination.

We offer three levels of instructors based on certification: professional, elite and master. *For more information, please visit ColumbiaFitness.org/ PersonalTraining.org, click on Programs or email Vicki.Burns@ColumbiaAssociation.com.*

CLASS DESCRIPTIONS

Mat Learn classical sequences of a Pilates routine on a floor mat.

Reformer Experience Pilates movements on equipment with springs for resistance.

MVe™ Chair Pilates movements on a chair with springs for resistance to challenge balance and control.

Jump'n Chair A class that combines Pilates on the chair with springs for added resistance while on the Reformer.

Mat'n Chair A class that combines movements on both mat and chair.

Members may take private or individual sessions, or arrange their own small groups of duets, trios or quads with an available instructor. *For more information, please call Vicki Burns at 410-730-6744, Ext 2407 or Stella Fanzone at 410-730-6744, Ext 2450.*

Pilates Schedule Winter/Spring 2011

Please call the listed facility to register: Columbia Athletic Club (AC) 410-730-6744
 Columbia Gym (CG) 410-531-0800 • Supreme Sports Club (SSC) 410-381-5355

Class	Class Size	Time	Commitment	Cost	Prerequisite
<i>Non-members: 6-week mat class, \$135; Reformer sessions, \$10 more per session; Chair classes 1.5 times the member rate.</i>					
Mat	14	45 minutes	6 wk	DBS \$81/Club \$90	None
Reformer				See Quad pricing	None
MVe™ Chair	4	45 minutes	3 wk/6 wk	\$54/\$96	None
Jump'n Chair	4	45 minutes	6 wk	\$108	3 private or 6 wk mat class

MONDAY

*8:30am	Mat I/II	AC	Studio 2	Stella	6 Week • Jan 10, Mar 21
9:30am	Reformer I/II	AC	Pilates Studio	Stella	12 Week • Jan 10
10:30am	Reformer I/II	AC	Pilates Studio	Stella	6 Week • Jan 10, Mar 21
*11am	MVe™ Chair	SSC	Pilates/Yoga Studio	Vicki	6 Week • Jan 10, Mar 7
*7pm	Mat I/II	CG	Studio 3	Pat	6 week • Jan 10, Mar 7

TUESDAY

*7am	Mat I	AC	Studio 2	Dawn	6 Week • Jan 11, Mar 8
*8:30am	MVe™ Chair	CG	Studio 1	Stella	3 Week • Jan 11, Feb 8, Mar 22
*9:30am	Mat I/II	SSC	Pilates/Yoga Studio	Karen	6 Week • Jan 11, Mar 8
*10:30am	Reformer I	SSC	Pilates/Yoga Studio	Karen	6 Week • Jan 11, Mar 8
*6:15pm	Mat I/II	SSC	Pilates/Yoga Studio	Susan	6 Week • Jan 11, Mar 8
6:30pm	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Jan 11
7:30pm	Reformer II/III	AC	Pilates Studio	Pat	12 Week • Jan 11

WEDNESDAY

*8:15am	Jump'n Chair	SSC	Pilates/Yoga Studio	Karen	6 Week • Jan 12, Mar 9
8:30am	Mat II/III	AC	Studio 2	Stella	6 Week • Jan 12, Mar 23
*5:30pm	Reformer I	AC	Pilates Studio	Dawn	6 Week • Jan 12, Mar 9
*6pm	Jump'n Chair	SSC	Pilates Studio	Vicki	6 Week • Jan 12, Mar 9
6:30pm	Reformer I/II	AC	Pilates Studio	Karen	6 Week • Jan 12, Mar 9
7:45pm	Mat I/II	AC	Pilates Studio	Karen	6 Week • Jan 12, Mar 9

THURSDAY

5:30am	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Jan 13
*6:45am	Reformer I	AC	Pilates Studio	Dawn	6 Week • Jan 13, Mar 10
*8am	Mat I/II	SSC	Pilates/Yoga Studio	Susan	6 Week • Jan 13, Mar 10
*8:30am	MVe™ Chair	CG	Studio 1	Stella	3 Week • Jan 13, Feb 10, Mar 24
9:30am	Mat I/II	AC	Studio 2	Vicki	6 Week • Jan 13, Mar 10
6pm	Mat I/II	SSC	Yoga Studio	Karen	6 Week • Jan 13, Mar 10
6:30pm	Reformer II/III	AC	Pilates Studio	Pat	12 Week • Jan 13
7:30pm	Ref for Couples	AC	Pilates Studio	Pat	12 Week • Jan 13
*7:45pm	Mat I/II/III	CG	Studio 1	Karen	6 Week • Jan 13, Mar 10

FRIDAY

*7:15am	Reformer I	AC	Pilates Studio	Pat	12 Week • Jan 14
*9:30am	Reformer I	AC	Pilates Studio	Susan	6 Week • Jan 14, Mar 11
*10:45am	Mat I/II	CG	Martial Arts Studio	Stella	6 Week • Jan 14, Mar 25

SATURDAY

*9am	Reformer I	AC	Pilates Studio	Vicki	6 Week • Jan 15, Mar 12
*9:15am	Mat I/II/III	SSC	Pilates/Yoga Studio	Karen	6 Week • Jan 15, Mar 12
*10:15am	Reformer I/II	SSC	Pilates/Yoga Studio	Karen	6 Week • Jan 15, Mar 12

SUNDAY

1pm	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Jan 16
*2pm	Reformer Intro	AC	Pilates Studio	Pat	12 Week • Jan 16

* Notates free class week of January 3. Call hosting facility to register in advance. Space is limited.

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

Pilates Private Training

T A M Members may request any of our highly trained instructors for one-on-one private sessions in yoga or Pilates. Reasons for choosing a private training session might be to:

- prepare for participation in a class setting
- focus on a particular area of exercise or postures
- find solutions for adapting the exercises or posture to suit your specific needs
- enhance or deepen the level of participation
- benefit those who prefer to learn through private instruction

T A M Pilates Private Mat Training

Mbrs with DBS and CA Mbrs

\$65/1 session

\$195/3 sessions

\$360/6 sessions

\$660/12 sessions

CA Res Non-Mbrs

\$75/per session

55-minute sessions

For more information or to arrange private Pilates mat training, call Stella Fanzone at 410-730-6744, Ext 2450.

Yoga Private Training

T A M Mbrs with DBS and CA Mbrs, \$65/55 minutes, \$35/30 minutes

For more information or to arrange private yoga training, please call Stella Fanzone at 410-730-6744, Ext 2450.

T A M Pilates Reformer Sessions

New prices in effect beginning January 1, 2011. Prices are per person. Prerequisite: 6-week mat class or 3 private mat sessions. Offered at Columbia Athletic Club and Supreme Sports Club.

PRIVATE	PROFESSIONAL INSTRUCTOR	ELITE INSTRUCTOR	MASTER INSTRUCTOR
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$210	\$225	\$240
6.....	\$390	\$420	\$450
12.....	\$720	\$780	\$840
DUET			
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$165	\$180	\$195
6.....	\$300	\$330	\$360
12.....	\$450	\$600	\$660
TRIO			
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$135	\$150	\$165
6.....	\$240	\$270	\$300
12.....	\$420	\$480	\$540
QUAD			
Number of Sessions	Total Price	Total Price	Total Price
3.....	\$105	\$120	\$135
6.....	\$180	\$210	\$240
12.....	\$300	\$360	\$420

OPEN HOUSE WEEK

FREE

Pilates Classes

WEEK OF JANUARY 3

Please call the hosting facility to register. Class size is limited.

Pre-registration required for all classes listed under the Pilates schedule. Classes listed with an (*) asterisk on page 30 will be offered during the free week.

Columbia Gym 410-531-0800

Supreme Sports Club 410-381-5355

Columbia Athletic Club 410-730-6744

Come see what you've been missing!

Pilates/Yoga Workshop Series

Prices for all one week workshops listed below.

PPP Mbrs, \$20 • Club Mbrs, \$25

CA Resident Non-Mbrs, \$30

Columbia Athletic Club 410-730-6744

Columbia Gym 410-531-0800

Supreme Sports Club 410-381-5355

Call club to register for workshop.

T A M Intro to Yoga

With Chuck Parvis

Columbia Athletic Club

Sat, Jan 15 • 3-5pm

Register by Jan 8 (after as space allows)

Basic introductory yoga class especially good for those participants seeking guidance on how to begin attending classes and choosing a style of yoga that is most suitable for their needs.

T A M Intro To Ashtanga Yoga

Columbia Athletic Club

Sat, Jan 29 • 3-5pm

Register by Jan 22 (after as space allows)

Learn the sequence of the specific poses composing the primary series of Ashtanga yoga. Utilize effective focus of breathing techniques throughout the opening sequence, standing and seated postures, and the finishing sequence. Some yoga experience recommended.

T A M Empowered Birth for Couples

With Kelly Neylan

Columbia Athletic Club

Sat, Feb 5 • 3-5pm

Register by Jan 29 (after as space allows)

A class offering practical and easy to use birthing tools with confidence and preparation for labor for both you and your partner.

T A M Yoga For Back Care

With Chuck Parvis And Lue Hartman

Columbia Gym

Sat, Feb 12 • 3-5pm

Register by Feb 5 (after as space allows)

Back pain continues to be prevalent in society. Learn how yoga can restore suppleness and strengthen your spine.

T A M Intro To Pilates

With Vicki Burns

Columbia Athletic Club

Sat, Feb 26 • 3-5pm

Register by Feb 19 (after as space allows)

Attending this workshop will give simplistic insight and a sample class about the system of doing Pilates and provide a strong foundation for attending the classes that are offered.

T A M Pilates & Yoga For Improving Balance

With Stella Fanzone

Columbia Gym

Sat, Mar 26 • 3-5pm

Register by Mar 19 (after as space allows)

Balance disappears without us realizing it. Learn how Pilates and yoga both strengthen the body's ability to balance.

T A M Breath & Meditation

With Julia Greiwe-Martinez

Columbia Athletic Club

Sat, Apr 9 • 3-5pm

Register by Apr 2 (after as space allows)

Explore a variety of meditation and breathing techniques that deepen awareness between the body, mind, and spirit. Rediscover natural breath to promote joy, freedom, and a sense of peace.

T A M Pilates/Yoga Infusion

Mbrs with DBS, \$89

Club Mbrs, \$98

CA Resident Non Mbr, \$147

Columbia Gym

Thu • 6:55-7:35am

Six week session begins Jan 11

Register by Jan 4 (after as space allows)

An artful blend of two phenomenal disciplines, taught by **Stella Fanzone**.

Columbia

Community Exchange

Opportunities for individuals of all ages

A mutual sharing of everyday services

The Columbia Community Exchange (CCE) is a community-based Time Banking program that **provides an opportunity for neighbors to help neighbors through the mutual exchange of everyday services.** For more information, call 410-884-6121, email communityexchange@columbiaassociation.com or check out ColumbiaAssociation.org, under Get Involved.