

# Columbia Lake Health Club Yoga & Pilates

[info@clhc.com](mailto:info@clhc.com)

Effective: Monday June 29th to Friday July 31st 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						9:00 - 10:00am Intermediate Yoga Chantel F
9:00 - 10:00am Pilates II Kim F	9:00 - 10:00am Beginner Yoga Sean N	9:00 - 10:00am Power Pilates Kim F	9:00 - 10:00am Yoga Fever Sean N	9:00 - 10:00am Power Pilates Kim F		
10:15 - 11:15am Pilates I Andrea				10:15 - 11:15am Pilates I Alison G		
5:30 - 6:30pm Intro to Pilates Alison G			5:30 - 6:30pm Yoga Fever Tamara M		<b>Please note:</b> You must have a Yoga or Pilates Pass to be admitted to any class.* Attendance in the Power Pilates classes requires previous pilates experience, please speak to your instructor prior to attending this class.  * Please see front desk for details.	
	6:15 - 7:15pm Intermediate Yoga Coleen S		7:00 - 8:00pm Pilates I Marie C			
8:00 - 9:00pm Yoga Fever Tamara M						