



Body, Breath and Mindfulness
Saturday, February 5
Noon-1pm
Columbia Athletic Club, Studio 2
\$35 CA members • \$40 non-members
Instructor: Beth Evans

Body, Breath and Mindfulness is a special 90-minute workshop based in yoga movement, breathwork and meditation practices that will help you relax, focus and improve your overall health and energy levels. Learn how to use breathing and meditation techniques to overcome the feelings of being tired, anxious, or overwhelmed.

Postnatal Fitness
Two-series workshop
Saturday, February 19 and
Saturday, February 26
Noon-1:30pm
Columbia Athletic Club, Studio 2
\$60 CA members • \$70 non-members
Instructor: Tahis Blue

This workshop is for moms who have had babies from six months to six years ago and will include ex-

ercises and movement patterns that will support you forever! You will learn how to strengthen your core and pelvic floor after pregnancy and childbirth. We will also cover the importance of easing back into exercise slowly, the power breathing has on postpartum recovery and overall strength, and tips for returning to fitness classes and training.

Balance Board Yoga
Saturday, February 12
Instructor: Ling Hanson and
Saturday, March 5
Instructor: Suangela Abrams
1-2pm
Supreme Sports Club, Yoga Studio
\$25 CA members • \$30 non-members

Balance Board Yoga brings a new challenge by changing the surface you practice on. The movement of the board challenges your core, develops balance and coordination and enhances mindfulness. It's a great way to enjoy the fun of fitness! Some flow yoga experience is helpful.

Foam Rolling for Muscular Health
Saturday, March 12
Noon-12:45pm
Columbia Athletic Club, Studio 1
\$20 CA members, \$25 non-members
Instructor: Bonnie Pace

If you've ever wondered how to properly use foam tubes, or why it can make a difference to your workouts, this workshop is for you! Join fitness instructor Bonnie Pace for an overview of why you might want to add these tools to your routine, and how to get myofascial release (similar to a massage) every time you work out. Come prepared to lay on the floor and roll out your muscles!

TO REGISTER

Visit the front desk or call
Columbia Athletic Club 410-730-6744,
or Supreme Sports Club 410-381-5355.
Contact Group.Fitness@
ColumbiaAssociation.org
for more information.



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