

Columbia Gym group fitness classes

Updated and effective **Aug 30-Oct 31, 2010**. Schedules change on the first day of each month. Visit facilities or go to www.ColumbiaAssociation.org and click on Classes for updated schedules. Check-in required 10 min before BodyPump, 5 min before all other PPP classes. Shaded classes are for Package Plan Plus members only. **Schedule subject to change.** 410-531-0800

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		BodyPump™ Studio 1			BodyPump™ Studio 1		
6:00 am							
7:00 am						BodyPump™ Studio 1	
8:00 am							
8:15 am						Kick Boxing Studio 1	
9:00 am							Zumba™ Youth Arena
9:15 am						Half and Half Studio 1	
9:30 am		Yoga I/II Marital Arts			Zumba™ Studio 1 (9:35am)		
9:35 am	Adv Aero Box Studio 1	Kick Boxing Studio 1	BodyStep™ Studio 1	Kick Boxing Studio 1	Total Conditioning+ Adult Arena		
10:15 am						Step Combo I Studio 1	BodyPump™ Studio 1
10:30 am			Flow Yoga no props Studio 2 (10:35am)	Yoga II 75 min Marital Arts Studio	Flow Yoga no props Studio 2 (10:35am)		
10:45 am	Zumba Gold™ Studio 1	Yoga I Marital Arts Studio	BodyPump™ Studio 1		BodyStep™ Studio 1		
11:00 am						Yoga I/II Marital Arts Studio	
11:30 am							
Noon		BodyPump™ Studio 1		BodyPump™ Studio 1			
1:00 pm							
1:30 pm							
4:30 pm							
5:30 pm			BodyPump™ Studio 1				
5:45 pm		Express Abs 30min Studio 2 • 8/30-10/31			Yoga I Marital Arts Studio		
6:00 pm	Zumba™ Youth Arena			Zumba™ Adult Arena	Zumba™ Youth Arena		
6:00 pm	PreNatal Stretch/Tone Marital Arts Studio • 8/30-10/31						
6:15 pm		Yoga II (70 min) Marital Arts Studio					
6:30 pm		Dance Works Studio 1					
6:45 pm			Tae Bo™ Studio 1				
7:00 pm							
7:15 pm							
7:30 pm		Yoga I Marital Arts Studio		T'ai Chi Studio 2, 7:40pm			
7:45 pm							
8:00 pm			BodyPump™ Studio 1				
8:15 pm	BodyPump™ Studio 1						
8:30 pm							

Updated schedules available at the front desk and at ColumbiaAssociation.org.