

Group Fitness program and class descriptions

Updated and effective **April 1-30, 2011**

The Columbia Association Group Fitness Program is designed to give members a large selection of classes taught by certified instructors. Our goal is to provide each participant with the safest, most effective exercise classes available. Many classes are available to Package Plan and Club Members on a drop-in basis. Some classes are reserved for Package Plan Plus members only and are shaded on the schedules. **An online /telephone reservation system for Package Plan Plus classes is in place. Please see information available at the fitness facilities and on our web site, ColumbiaAssociation.org.**

Unless noted in the class description, classes are 55 minutes. Members may register for Non-PPP classes beginning 30 minutes ahead of time in person, on a space available basis. Package Plan Plus members may register in advance for Package Plan Plus classes. **For safety and courtesy, do not enter class once it has started. Consistent attendance of 10 or more is required to keep class on schedule. Appropriate athletic shoes are required and members must be least 14 years old to attend group fitness classes. Please Note:** Schedules subject to change.

Specific class schedules are available at ColumbiaAssociation.org, click on Fitness tab, then Classes/Programs/Leagues, then Schedules.

GROUP FITNESS CLASSES

Advanced Aerobox — intense class with traditional boxing movements

Arthritis Exercise — gentle exercises to help decrease pain and stiffness. 55 min.

Basic Aerobics — varying intensity, low impact aerobics, including some muscle conditioning

Body Pump™ — weight training set to motivating music, using barbells with changeable weights for all fitness levels, **check in 10 minutes before class required. PPP members only.**

Express BodyPump — a 45 minute BodyPump class. PPP members only. Check in 10 minutes before class required.

Express Zumba™ Gold — a 30 minute Zumba Gold class.

BodyVive™ — low impact workout at the intensity you choose plus strengthening, balance, and core exercises to fun, inspiring music. **PPP members only.**

Dance Works — creative dance combinations to the latest top music

Express Abs — strengthen and tone abs, lower back and core in 30 min.

Express Abs + — Express Abs plus some muscle conditioning (45 min)

Half and Half — 30 min. hi/lo aerobics, 25 min. muscle conditioning with Resist-a-Balls/Weights

Kick Boxing — aerobic conditioning emphasizing martial arts-type movements

Tae Bo™ — total body workout combining self-awareness, martial arts, boxing, and dance

Total Conditioning — Muscle conditioning using a weighted bar, hand weights, exercubes, and/or resist-a-balls

Total Conditioning+ — Muscle conditioning using a weighted bar, hand weights, exercubes, and/or resist-a-balls and includes 20 minutes of cardio

Zumba™ — exciting and unique Latin moves and rhythms

Zumba™ Gold — a modified low impact version of Zumba

Zumba™ Toning — Zumba class with light weight toning sticks to combine dance and resistance exercises. **PPP members only. Check in 5 minutes before class required.**

STEP CLASSES Step Combo classes are available to all members. Sign up begins 30 minutes prior to class at the front desk. BodyStep classes are for PPP members only.

BodyStep™ — a simple, fun, athletic workout on an adjustable platform to exciting music. **PPP members only. Check in 5 minutes before class required.**

Express BodyStep™ — a 45 min BodyStep class. **PPP members only. Check in 5 minutes before class required.**

Step Combo I — high intensity step class with less complex footwork

Step Combo II — high intensity step class with more complex footwork

Step Interval — step training for cardiovascular work, resistance training for muscular endurance/strength

MIND/BODY CLASSES Check in 5 minutes before class required, Package Plan Plus Members only

Yoga I — for beginning students with focus on basic postures

Yoga I/II — for experienced students building on basic postures/poses

Yoga II — adding revolved, seated and some inversions

Yoga II/III — more emphasis on inversions, backbends and arm balances

Ashtanga Yoga — vigorous flow of sun salutations, standing and seated postures and inversions

Flow Yoga — no props, level I/II flow yoga techniques stressing strength and flexibility (60 min)

Gentle Yoga — focus on stress reduction and flexibility, using slow, conscious movements with breath awareness

Power Flow Yoga — a more athletic based flow style yoga, with props as needed.

Power Flow Yoga II — a more advanced Power Flow yoga class

Qigong — a less complex form of T'ai Chi. Great for beginners

Raja Yoga — traditional warmup followed by a challenging practice of poses held for full effect.

T'ai Chi — ancient Chinese discipline tones muscles, relaxes nerves without overtaxing heart or joints