

# Supreme Sports Club adult/kids classes



Updated and effective **February 1, 2012**. Schedules change on the first day of each month. Visit facilities or go to [ColumbiaAssociation.org](http://ColumbiaAssociation.org) and click on Classes for updated schedules and class descriptions. Check-in required 10 minutes before BodyPump®; 5 minutes before all other PPP classes. **Schedule subject to change. For safety and courtesy, refrain from entering class once it has started.** Supreme Sports Club, 410-381-5355.

## Monday

5:30 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
5:45 am	* Basic Training	Arena	PPP Free, PP Fee
8:00 am	◆ BodyPump®	Studio 1	PPP Mbrs only
9:30 am	■ Zumba®	Studio 1	Drop-in
	◆ Gentle Yoga	Yoga Studio	PPP Mbrs only
10:45 am	● Pilates Mat I/II	Yoga Studio	Fee

5:30 pm	★ ZUMBATOMIC® (Grades K-5)	KIDSPACE	PPP FREE, PP FEE
	◆ Yoga I	Yoga Studio	PPP Mbrs only
	◆ BodyStep®	Studio 1	PPP Mbrs only
6:15 pm	▲ Express Cycling	Studio 2	PPP, PP Drop-in
6:30 pm	■ Half and Half	Studio 1	Drop-in
6:45 pm	◆ Yoga I/II	Yoga Studio	PPP Mbrs only
7:00 pm	■ Express Abs	Studio 2	Drop-in
7:30 pm	■ Zumba®	Studio 1	Drop-in
8:00 pm	◆ Ashtanga Yoga (75 min)	Yoga Studio	PPP Mbrs only

## Tuesday

5:15 am	◆ BodyStep®	Studio 2	PPP Mbrs only
5:45 am	* TABS	Studio 1	PPP Free, PP Fee
7:00 am	▲ Studio Cycling (45 min)	Studio 2	PPP, PP Drop-in
9:30 am	■ Total Conditioning	Studio 1	Drop-in
	▲S Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
10:00 am	■ Aqua Fitness	Pool	Drop-in
	★ RECESS & RESULTS®	KIDSPACE	FEE (Ages 3-5)
10:40 am	■S Express Abs	Studio 2	Drop-in
10:45 am	◆ BodyPump®	Studio 1	PPP Mbrs only

5:30 pm	■S Step 'n Sculpt	Studio 1	Drop-in
6:00 pm	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
6:15 pm	● Pilates Mat I/II	Yoga Studio	Fee
6:30 pm	■ Zumba® Gold	Studio 1	Drop-in
7:00 pm	■ Tae Bo®	Arena	Drop-in
7:30 pm	◆ Yoga for Athletes	Yoga Studio	PPP Mbrs only
7:35 pm	◆S Tai Chi	Studio 2	PPP Mbrs only
7:45 pm	◆ BodyPump®	Studio 1	PPP Mbrs only

## Wednesday

5:30 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
5:45 am	* Basic Training	Arena	PPP Free, PP Fee
8:00 am	◆ BodyPump®	Studio 1	PPP Mbrs only
9:15 am	● Pilates Mat I/II/III	Yoga Studio	Fee
9:30 am	■ Kickboxing (75 min)	Studio 1	Drop-in
	* willPower & grace®	Studio 2	PPP Free, PP Fee
10:30 am	■ Basic Aerobics	Studio 2	Drop-in

12:30 pm	▲S Studio Cycling (45 min)	Studio 2	PPP, PP Drop-in
5:00 pm	★ RECESS & RESULTS®	STUDIO 2	FEE (Ages 6-11)
5:45 pm	■ Zumba®	Arena	Drop-in
6:00 pm	◆ Express BodyPump®	Studio 1	PPP Mbrs only
6:30 pm	▲S Studio Cycling (45 min)	Studio 2	PPP, PP Drop-in
6:50 pm	◆ Express BodyStep®	Studio 1	PPP Mbrs only
7:30 pm	■ Total Conditioning	Studio 2	Drop-in

## Thursday

5:45 am	* TABS	Studio 1	PPP Free, PP Fee
7:00 am	▲S Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
8:00 am	● Pilates Mat I/II	Yoga Studio	Fee
9:30 am	■ Total Conditioning	Studio 1	Drop-in
	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
10:00 am	■ Aqua Fitness	Pool	Drop-in
10:40 am	■ Express Abs	Studio 2	Drop-in
10:45 am	◆ BodyPump®	Studio 1	PPP Mbrs only

5:30 pm	■ Step Combo	Studio 1	Drop-in
6:00 pm	● Pilates Mat I/II	Yoga Studio	Fee
6:30 pm	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
7:00 pm	■ Tae Bo®	Arena	Drop-in
7:15 pm	◆ Yoga I	Yoga Studio	PPP Mbrs only
7:45 pm	◆ BodyPump®	Studio 1	PPP Mbrs only

## Friday

5:20 am	▲ Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
5:45 am	* Basic Training	Arena	PPP Free, PP Fee
8:00 am	◆ BodyPump®	Studio 1	PPP Mbrs only
9:30 am	◆ BodyPump®	Studio 1	PPP Mbrs only
9:45 am	■ Kickboxing	Studio 2	Drop-in
10:45 am	■ Basic Aerobics	Studio 1	Drop-in

## Saturday

7:30 am	▲S Studio Cycling (60 min)	Studio 2	PPP, PP Drop-in
7:45 am	◆ Yoga I/II	Yoga Studio	PPP Mbrs only
8:00 am	◆ BodyPump®	Studio 1	PPP Mbrs only
9:00 am	■ Step Combo	Studio 2	Drop-in
9:15 am	● Pilates Mat I/II/III	Yoga Studio	Fee
10:00 am	■ Aqua Fitness	Pool	Drop-in
	◆ BodyPump®	Studio 1	PPP Mbrs only
11:00 am	★ Martial Arts	Studio 2	Fee (Ages 4-6)
	■ Tae Bo®	Arena	Drop-in
12:00 pm	■ Zumba® (45 min)	Arena	Drop-in
	★ ZUMBATOMIC® (Grades K-8)	STUDIO 1	PPP FREE, PP FEE

## Sunday

7:00 am	◆S BodyStep®	Studio 1	PPP Mbrs only
8:45 am	◆ BodyPump®	Studio 1	PPP Mbrs only
10:00 am	▲ Endurance Cycling (75 min)	Studio 2	PPP, PP Drop-in
	■ Aqua Fitness	Pool	Drop-in
	■ Tae Bo®	Studio 1	Drop-in

◆ PPP class, preregistration required. Check in at front desk.	<b>KEY</b>
▲ PPP Members priority preregistration, PP Members drop-in on space available basis. Register at front desk.	
■ Drop-in. Open to all Members. Sign in at front desk or pool.	
* Free for PPP Members, fee for all other Members. Register at front desk.	
● Fee for all Members. Register at front desk.	
★ KIDS CLASS.	
S Seasonal class.	

See reverse for class descriptions

# Class Descriptions Supreme Sports Club

All classes are 55 minutes unless otherwise noted.

## ◆ PPP Members only

Preregistration required. Check in at front desk required 10 min before BodyPump®, 5 minutes before all other PPP classes.

**Ashtanga Yoga** Vigorous flow of sun salutations, standing and seated postures and inversions. 75 minutes.

**BodyPump®** Weight training set to motivating music, using barbells with changeable weights for all fitness levels. Check in 10 minutes before class required.

**BodyStep®** A simple, fun, athletic workout on an adjustable platform to exciting music. Check in 5 minutes before class required.

**Express BodyPump®** A 45-minute BodyPump™ class. Check in 10 minutes before class required.

**Express BodyStep®** A 45-minute BodyStep™ class. Check in 5 minutes before class required.

**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. Offered in various levels.

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

**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.

**Yoga for Athletes** A challenging workout that strengthens and stretches the entire body.

## ▲ PPP, PP Drop-in

Priority registration for PPP Members. Check in at front desk required at least 5 minutes before all cycle classes.

**Endurance Cycling** A 75-minute, lower intensity version of Studio Cycling.

**Express Cycling** Experience all the hills, flats and drills of Studio Cycling in only 30 minutes.

**Studio Cycling** Experience hills, flats, interval and endurance work fueled by motivating music. (45 or 60 minutes)

## ● Fee

Fee for all Members. Register at front desk.

**Pilates Mat** Learn classical sequences of a Pilates routine on a floor mat. Offered in various levels.

**Pilates Reformer** Experience Pilates movements on reformer, a specialized piece of Pilates apparatus using springs for assistance and resistance. Offered in various levels. Check out the current Activities Guide or go online at [ColumbiaAssociation.com](http://ColumbiaAssociation.com) for current schedules.

## ■ Drop-in

Open to all Members. Check in at front desk required 5 minutes before all classes.

**Aqua Boot Camp** Interval based class with varying intensity and equipment to increase strength and aerobic endurance.

**Aqua Fitness** Aerobics, flexibility and muscle conditioning in shallow water.

**Basic Aerobics** Varying intensity, low impact aerobics, including some muscle conditioning.

**Express Abs** Strengthen and tone abs, lower back and core in 30 minutes.

**Half and Half** 30-minute hi/lo aerobics, 25-minute muscle conditioning with Resist-a-Balls/weights.

**Kickboxing** Aerobic conditioning emphasizing martial arts-type movements.

**Step Combo** High intensity step class with varied footwork.

**Step 'n Sculpt** 30 minutes of basic step followed by muscle conditioning.

**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.

**Zumba®** A fitness party workout that includes exciting and unique Latin rhythms and moves.

**Zumba® Gold** A modified low impact version of Zumba®.

## \* Free for PPP, Fee for PP

Register at front desk.

**Basic Training** Intense military style workout with running, calisthenics, agility and flexibility training.

**TABS** Strengthen and tone thighs, abs and glutes.

**willPower & grace®** Barefoot training that blends mind and body disciplines with cardiovascular exercise.

## ★ Kids Classes

Fee for all Members unless noted. Register at front desk unless noted.

**Lil' Dragons** Learn discipline, cooperation and respect through Martial Arts for ages 4-6. Register at Columbia Gym, 410-531-0800. (30 minutes)

**Recess & Results®** National youth movement program involving fun, games and fitness activities. Register in KidSpace. (45 minutes)

**Zumbatomic®** Fun exciting way to move, have fun and learn to dance to Latin music. **Free for KidSpace Members.** Register in KidSpace. (45 minutes)