

# Indoor Aqua Fitness

Effective **June 15, 2017**. For more information, email [Group.Fitness@ColumbiaAssociation.org](mailto:Group.Fitness@ColumbiaAssociation.org).

Day	Time	Club	Class
<b>Monday</b>	9:30am	AC	Aqua Arthritis
	11am	AC	Aqua Arthritis Plus
	6:30pm	AC	Aqua Arthritis
<b>Tuesday</b>	9:30am	AC	Aqua Arthritis <i>Moves to CG 8/1 at 9:35am</i>
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus
<b>Wednesday</b>	11am	AC	Aqua Arthritis Plus
	6:30pm	AC	Aqua Arthritis
<b>Thursday</b>	9:30am	AC	Aqua Arthritis <i>Moves to CG 8/3 at 9:35am</i>
	10am	SSC	Aqua Fitness
	6:30pm	CG	Aqua Zumba®
<b>Friday</b>	11:30am	AC	Aqua Arthritis Plus <i>Moves to CG 8/4 at 9:35am</i>
<b>Saturday</b>	10am	AC	Aqua Arthritis Plus
	10am	SSC	Aqua Fitness
<b>Sunday</b>	10am	AC	Ai Chi
	10:30am	SSC	Aqua Fitness

## Class Descriptions

### Ai Chi

Gentle mind and body exercises in warm water, appropriate for all fitness levels.

### Aqua Fitness

Aerobics, flexibility, and muscle conditioning in shallow water.

### Aqua Arthritis

Gentle exercises to help decrease pain and stiffness. Free for all members, \$10 per class for Columbia Cardholders, \$16 per class for non-members. *45 minutes.*

### Aqua Arthritis Plus

Gentle exercises from the arthritis format, plus increased endurance phase. Free for all members, \$10 per class for Columbia Cardholders, \$16 per class for non-members. *45 minutes.*

### Aqua Zumba®

All of the fun of Zumba®, the intensity of dance movements with the support and resistance of the water, appropriate for all fitness levels.

**AC** Columbia Athletic Club, 410-730-6744

**CG** Columbia Gym, 410-531-0800

**SSC** Supreme Sports Club, 410-381-5355

**Fees** Classes are free for CA members. Aqua Arthritis and Aqua Arthritis Plus are open to Columbia Cardholders at \$10 per class and to non-members at \$16 per class. Fees are subject to change.

**Attendance** Consistent attendance of 10 or more is required for a class to remain on the schedule. The schedule is subject to change.

**Classes** are 55 minutes unless noted.