

# Columbia Athletic Club Group Fitness Classes

Effective **July 1-30, 2017** due to Columbia Athletic Club shutdown. Visit facilities or go to [ColumbiaAssociation.org/fitnessschedules](http://ColumbiaAssociation.org/fitnessschedules) for updated information. Check-in required 10 minutes before BodyPump®, five minutes before all other classes. Members must be at least 14 years old to participate in group fitness classes.

**Name of instructor provided on web site class registration page. Instructors may change without notice. For safety and courtesy, refrain from entering class once it has started.**

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Columbia Athletic Club  
410-730-6744  
Questions? Email  
Group.Fitness@  
ColumbiaAssociation.org.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am <b>CD ST</b> ★ Basic Training (60 min)	5:45am <b>ST</b> 1 ♦ BodyPump™ (60 min)	6:00am <b>CD ST</b> ★ Basic Training (60 min)	5:45am <b>ST</b> 1 ♦ BodyPump™ (60 min)	6:00am <b>CD ST</b> ★ Basic Training (60 min)	6:30am <b>CD</b> C ♦ Studio Cycling (60 min)	7:30am <b>CD</b> C ♦ Studio Cycling (60 min)
9:30am <b>ST</b> 1 ♦ BodyPump™ (60 min)	5:45am <b>CD</b> C ♦ Studio Cycling (45 min)	6:00am <b>CD</b> C ♦ Studio Cycling (45 min)	5:45am <b>CD</b> C ♦ Studio Cycling (45 min)	6:00am <b>CD</b> C ♦ Studio Cycling (60 min)	7:00am <b>CD</b> 1 \$ Cardio Hula Hoop (45 min)	8:15am <b>CD</b> 1 ★ LaBlast™ (55 min)
9:30am <b>P</b> ★ Aqua Arthritis (45 min)	9:30am <b>P</b> ★ Aqua Arthritis (45 min)	9:30am <b>CD ST</b> 1 ★ Cardio Tone (55 min)	9:30am <b>P</b> ★ Aqua Arthritis (45 min)	9:30am <b>CD ST</b> 1 ★ Cardio Dance and Tone (55 min)	8:00am <b>CD ST</b> 1 ★ Insanity™ (55 min)	9:30am <b>ST</b> 1 ♦ BodyPump™ (60 min)
9:30am <b>CD</b> C ♦ Studio Cycling (60 min)	9:30am <b>CD ST</b> 1 ★ BodyVive™ (60 min)	9:30am <b>MB</b> 2 ★ QiGong (55 min)	9:30am <b>CD ST</b> 1 ★ BodyVive™ (60 min)	9:30am <b>MB</b> 2 ★ QiGong (55 min)	8:00am <b>CD</b> C ♦ Studio Cycling (60 min)	9:30am <b>MB</b> 2 ♦ Yoga 3 (85 min)
10:45am <b>CD ST</b> 1 ★ Cardio Dance and Tone (55 min)	9:45am <b>CD</b> C ♦ Studio Cycling (45 min)	9:30am <b>CD</b> C ♦ Studio Cycling (60 min)	9:45am <b>CD</b> C ♦ Studio Cycling (45 min)	9:30am <b>CD</b> C ♦ Studio Cycling (60 min)	8:00am <b>MB</b> 2 ♦ Yoga 3 (75 min)	9:45am <b>CD</b> C ♦ Studio Cycling (45 min)
10:45am <b>MB ST</b> 2 ♦ Flow Yoga 2 (60 min)	10:45am <b>MB ST</b> 2 ★ PiYo® LIVE (55 min)	10:45am <b>CD ST</b> 1 ★ LaBlast™ (55 min)	10:45am <b>MB</b> 2 ★ Tai Chi (55 min)	10:45am <b>CD ST</b> 1 ★ LaBlast™ (55 min)	9:00am <b>CD ST</b> 1 ★ BodyVive™ (60 min)	10:00am <b>MB</b> P ★ Ai Chi (45 min)
11:00am <b>P</b> ★ Aqua Arthritis Plus (45 min)	12:00pm <b>ST</b> 1 ★ Build Your Bones (45 min)	10:45am <b>MB</b> 2 ♦ Yoga 1 (60 min)	12:00pm <b>ST</b> 1 ★ Build Your Bones (45 min)	10:45am <b>MB</b> 2 ♦ Restorative Yoga (60 min)	9:30am <b>CD</b> C ♦ Studio Cycling (45 min)	11:00am <b>MB</b> 2 ♦ Yoga 2 (60 min)
12:00pm <b>ST</b> 1 ★ Joints in Motion (55 min)	12:30pm <b>P</b> ★ Aqua Arthritis Plus (45 min)	11:00am <b>P</b> ★ Aqua Arthritis Plus (45 min)	6:00pm <b>MB</b> 2 ♦ Flow Yoga 2 (70 min)	11:00am <b>P</b> ★ Aqua Arthritis (45 min) (ends 6/9)	9:35am <b>MB</b> 2 ♦ Yoga 1 (60 min)	
4:45pm <b>ST</b> 1 ♦ BodyPump™ (45 min)	6:00pm <b>MB</b> 2 ♦ Yoga 1 (60 min)	6:15pm <b>CD</b> 1 ★ Cardio Step (55 min)	6:15pm <b>ST</b> 1 ♦ BodyPump™ (60 min)	11:30am <b>P</b> ★ Aqua Arthritis (45 min) (begins 6/16)	10:00am <b>P</b> ★ Aqua Arthritis Plus (45 min)	
5:30pm <b>CD</b> C ♦ Studio Cycling (45 min)	6:15pm <b>ST</b> 1 ♦ BodyPump™ (60 min)	6:30pm <b>P</b> ★ Aqua Arthritis (45 min)	6:30pm <b>CD</b> C ♦ Studio Cycling (60 min)	6:00pm <b>ST</b> 1 ♦ BodyPump™ (60 min)	10:15am <b>ST</b> 1 ♦ BodyPump™ (60 min)	
5:45pm <b>ST</b> 1 ★ CoreFit (30 min)	6:30pm <b>CD</b> C ♦ Studio Cycling (60 min)	6:30pm <b>CD</b> C ♦ Studio Cycling (45 min)	7:15pm <b>MB ST</b> 2 ★ PiYo® LIVE (55 min)	6:15pm <b>CD</b> C ♦ Studio Cycling (45 min)		
6:00pm <b>MB</b> 2 ♦ Yoga 1 (60 min)	7:15pm <b>MB ST</b> 1 ♦ Flow Yoga 3 (70 min)	7:15pm <b>CD ST</b> 1 ★ R.I.P.P.E.D.® (55 min)	7:30pm <b>CD</b> 1 ★ Zumba® (55 min)			
6:30pm <b>CD</b> 1 ★ Tae Bo® (55 min)	7:30pm <b>CD ST</b> 1 ★ LaBlast™ (55 min)					
6:30pm <b>P</b> ★ Aqua Arthritis (45 min)						
7:15pm <b>MB</b> 2 ♦ Yoga 2 (75 min)						

### Key symbols

- ♦ CA Fit&Play and Golf Fit&Play members priority preregistration. Check in at front desk. Former Package Plan members and current 1Fit members may drop-in on a space-available basis. Register and check in at front desk.
- ★ Drop-in. Open to all Members.
- \$ Fee for all Members. Register at front desk. Classes run in sessions. Check the *CA Activities Guide* for specific start dates.
- S Seasonal class.

### Class location

- 1 Studio 1
- 2 Studio 2
- C Cycle Studio
- P Pool
- PT PT Studio

### Class type

- CD Cardio
- ST Strength
- MB Mind/Body

Schedule subject to change.