

Columbia Athletic Club Group Fitness Classes

Updated and effective **October 1, 2016.** Visit facilities or go to ColumbiaAssociation.org/fitnessschedules for updated information. Check-in required 10 minutes before BodyPump®, five minutes before all other PPP 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.

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am BodyShred™ Drop-in (35 min) CD ST 1 ★	5:45am BodyPump™ PPP Mbrs only (60 min) ST 1 ◆	6:00am Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	5:45am BodyPump™ PPP Mbrs only (60 min) ST 1 ◆	6:00am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲	6:30am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲	7:30am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲
9:30am BodyPump™ PPP Mbrs only (60 min) ST 1 ◆	5:45am Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	7:15am BOOM Cycle Fee (45 min) CD 2 \$	5:45am Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	9:30am Cardio Dance and Tone Drop-in (45 min) CD ST 1 ★	7:00am Cardio Hula Hoop Fee (45 min) CD 1 \$	8:15am LaBlast™ Drop-in (55 min) CD 1 ★
9:30am Aqua Arthritis Drop-in (45 min) P ★	7:00am Insanity™ Drop-in (55 min) CD ST 1 ★	9:30am Cardio Tone Drop-in (55 min) CD ST 1 ★	9:30am Aqua Arthritis Drop-in (45 min) P ★	9:30am Qigong PPP Mbrs only (55 min) MB 2 ◆	8:00am Insanity™ Drop-in (45 min) CD ST 1 ★	9:30am BodyPump™ PPP Mbrs only (60 min) ST 1 ◆
9:30am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲	9:30am Aqua Arthritis Drop-in (45 min) P ★	9:30am Qigong PPP Mbrs only (55 min) MB 2 ◆	9:30am BodyVive™ Drop-in (60 min) CD ST 1 ★	9:30am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲	8:00am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲	9:30am Yoga 3 PPP Mbrs only (85 min) MB 2 ◆
10:45am Cardio Dance and Tone Drop-in (55 min) CD ST 1 ★	9:30am BodyVive™ Drop-in (60 min) CD ST 1 ★	9:30am Studio Cycling PPP, PP Drop-in (60 min) CD C ▲	9:30am Zumba® Circuit Fee (55 min) CD ST 2 \$	10:45am LaBlast™ Drop-in (55 min) CD ST 1 ★	10:45am Restorative Yoga PPP Mbrs only (60 min) MB 2 ◆	9:45am Studio Cycling PPP, PP Drop-in (45 min) CD C ▲
10:45am Flow Yoga 2 PPP Mbrs only (60 min) MB ST 2 ◆	9:30am Zumba® Circuit Fee (55 min) CD ST 2 \$	10:45am LaBlast™ Drop-in (55 min) CD ST 1 ★	9:30am Pilates Mat Fee (45 min) MB PT \$	10:45am Restorative Yoga PPP Mbrs only (60 min) MB 2 ◆	9:00am BodyVive™ Drop-in (60 min) CD ST 1 ★	10:00am Ai Chi PPP Mbrs only (45 min) MB P ◆
11:00am Aqua Arthritis Plus Drop-in (45 min) P ★	9:45am Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	10:45am Yoga 1 PPP Mbrs only (60 min) MB 2 ◆	9:45am Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	11:00am Aqua Arthritis Plus Drop-in (45 min) P ★	9:30am H.I.I.T. Cycle PPP, PP Drop-in (45 min) CD C ▲	10:45am BodyVive™ Drop-in (45 min) CD ST 1 ★
12:00pm Joints in Motion Drop-in (55 min) 1 ★	10:45am R.I.P.P.E.D.® Drop-in (45 min) CD ST 1 ★	11:00am Aqua Arthritis Plus Drop-in (45 min) P ★	10:45am BodyShred™ Drop-in (35 min) CD ST 1 ★	6:00pm BodyPump™ PPP Mbrs only (60 min) ST 1 ◆	9:30am Yoga 1 PPP Mbrs only (60 min) MB 2 ◆	11:00am Yoga 2 PPP Mbrs only (60 min) MB 2 ◆
4:45pm BodyPump™ PPP Mbrs only (45 min) ST 1 ◆	12:00pm Build Your Bones Drop-in (45 min) ST 1 ★	6:30pm Aqua Arthritis Drop-in (45 min) P ★	10:45am Tai Chi PPP Mbrs only (55 min) MB 2 ◆	6:15pm Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	10:00am Aqua Arthritis Plus Drop-in (45 min) P ★	
5:30pm Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	12:30pm Aqua Arthritis Plus Drop-in (45 min) P ★	6:30pm Turbo Kick® Drop-in (55 min) CD 1 ★	12:00pm Build Your Bones Drop-in (45 min) ST 1 ★		10:15am BodyPump™ PPP Mbrs only (60 min) ST 1 ◆	
5:45pm Pilates Hybrid Drop-in (30 min) MB ST 1 ★	6:00pm Yoga 1 PPP Mbrs only (60 min) MB 2 ◆	6:30pm Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	6:00pm Flow Yoga 2 PPP Mbrs only (70 min) MB 2 ◆			
6:00pm Yoga 1 PPP Mbrs only (60 min) MB 2 ◆	6:15pm BodyPump™ PPP Mbrs only (60 min) ST 1 ◆	7:30pm R.I.P.P.E.D.® Drop-in (55 min) CD ST 1 ★	6:15pm BodyPump™ PPP Mbrs only (60 min) ST 1 ◆			
6:30pm Tae Bo® Drop-in (55 min) CD 1 ★	6:45pm Studio Cycling PPP, PP Drop-in (60 min) CD C ▲		6:45pm Studio Cycling PPP, PP Drop-in (60 min) CD C ▲			
6:30pm Studio Cycling PPP, PP Drop-in (45 min) CD C ▲	7:15pm Flow Yoga 3 PPP Mbrs only (70 min) MB ST 1 ★		7:15pm PiYo® LIVE Drop-in (55 min) MB ST 2 ★			
6:30pm Aqua Arthritis Drop-in (45 min) P ★	7:30pm LaBlast™ Drop-in (55 min) CD ST 1 ★		7:30pm Zumba® Drop-in (55 min) CD 1 ★			
7:15pm Yoga 2 PPP Mbrs only (75 min) MB 2 ◆						

Key symbols

- ◆ PPP (Package Plan Plus) class, preregistration required. Check in at front desk.
- ▲ PPP (Package Plan Plus) Members priority preregistration, PP (Package Plan) Members drop-in on space available basis. Register 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.

Group Fitness Class Descriptions

Length of classes are noted. Members and guests must be at least 14 years old to participate in class. Questions? Email Group.Fitness@ColumbiaAssociation.org.
AC — Columbia Athletic Club • CG — Columbia Gym • SSC — Supreme Sports Club

◆ Package Plan Plus (PPP) members only

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

Ai Chi Gentle mind and body exercises in warm water. Appropriate for all fitness levels. (45 min) AC only

Ashtanga Yoga Vigorous flow of sun salutations, standing and seated postures and inversions. (75 min) SSC only

BodyPump™ Weight training set to motivating music, using barbells with changeable weights for all fitness levels. Check in 10 minutes before class required. (45 or 60 min)

BodyStep™ A simple, fun, athletic workout on an adjustable platform to exciting music. Check in five minutes before class required. (45 or 60 min) CG and SSC only

Flow Yoga A flowing style of yoga that stretches and strengthens the body. Offered in various levels. (60, 70, or 85 min)

QiGong A less complex form of tai chi. Great for beginners. Appropriate for all fitness levels. (55 min) AC only

Restorative Yoga Using breath work, meditation and gentle stretching to invite you into quiet reflection and deep relaxation. Not recommended during pregnancy due to pelvic release and back postures. (60 min) AC and SSC only

Tai Chi Ancient Chinese discipline tones muscles, relaxes nerves without overtaxing heart or joints. (55 min) AC only

Tai Chi Sword Develops a higher awareness of the tai chi principle of unified movement. The sword acts as an extension of the arm, emphasizing the sword and body in unity. (55 min) CG only

Yoga 1 For beginning students with focus on basic postures. (60 min)

Yoga 2 For experienced students building on basic postures/poses. May include some inversions. (60 or 75 min)

Yoga 3 For the experienced student with more emphasis on inversions, backbends and arm balances. (85 min)

▲ Package Plan Plus (PPP) members, Package Plan (PP) members Drop-in

Priority preregistration for PPP members. Check in at front desk required at least five minutes before all cycle classes.

Cycle and Core A 45-minute Studio Cycling ride followed by 15 minutes of ab, lower back and core work. (60 min) CG only

Endurance Cycling A lower intensity version of Studio Cycling. (75 min) SSC only

Myride®+ The world's most advanced experience in group indoor cycling with instructor-led classes to high definition forward-motion video and music (30, 45, 60 or 75 minutes). SSC only

Studio Cycling Experience hills, flats, interval and endurance work fueled by motivating music. (45, 60 or 75 min)

H.I.I.T. Cycle Burn more calories, lose more fat and build more muscle in less time. Whether you want improvements in fitness or weight loss, this high-intensity interval cycle class will push you to your limit. (30 or 45 min) AC and SSC only

★ Drop-in

Open to all members. Check in at front desk required five minutes before all classes.

Aqua Arthritis Gentle exercises to help decrease pain and stiffness. Appropriate for all fitness levels. (45 min) AC only

Aqua Arthritis Plus Gentle exercises to help decrease pain and stiffness with an increased endurance phase. (45 min) AC only

Aqua Fitness Aerobics, flexibility and muscle conditioning in shallow water. Appropriate for all fitness levels. (55 min) CG and SSC only

Aqua Zumba® All the fun of Zumba®, the intensity of dance movements with the support and resistance of the water. Appropriate for all fitness levels. (55 min) CG only

Build Your Bones (Formerly Women, Weights and Osteoporosis) Strength training, balance work, and core exercises to benefit the health and safety of your bones. Appropriate for all fitness levels. (45 min) AC only

BodyShred™ A high intensity endurance based workout utilizing Jillian Michaels "3 min, 2 min, 1 min" interval approach of strength, cardio and abs. (35 min)

BodyVive™ Three workouts in one! Cardio, strength and core conditioning to the latest music to boost fitness, strength, balance and core strength. (45 or 60 min) AC only

Cardio Dance and Tone Cardio and strength training using weights, resistance bands, and/or toning sticks. Core conditioning may also be included. Appropriate for all fitness levels. (55 min)

Cardio Dance Party A dance fitness class that includes easy, fun moves to a variety of songs. Dance styles and music may include hip-hop, pop, Latin, disco and more, depending on the instructor. Appropriate for all fitness levels. (55 min)

Cardio Tone A mix of cardio, strength training and core using weights, balls and/or resistance bands. May include intervals. Appropriate for all fitness levels. (55 min)

CoreFit Strengthen and tone abs, lower back and core. (30 min) SSC only

Insanity™ A multi-level cardio class, based on max interval training. Athletic/plyometric drills mixed with intervals of power, resistance, core and strength training. All levels of each exercise are provided. (55 min)

Joints in Motion Gentle exercises to increase mobility, balance and endurance. (55 min) AC only

LaBlast™ An exciting, fun, partner-free dance fitness program. Burn calories, burn fat and sculpt muscles while learning ballroom dance moves. (55 min) AC only

Pilates Hybrid A fusion class that combines Pilates and core fitness to challenge your mind and body. Free to all members. (30 min)

PiYo® LIVE Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Use your body weight to perform a series of continuous, targeted moves to define every muscle. (55 min) AC only

R.I.P.P.E.D.® High intensity fitness training interval class that utilizes resistance and cardio training. Includes resistance, intervals, plyometrics and cardio. Weights and resistance bands are used. (55 min)

Step Combo High intensity step class with varied footwork. (55 min) SSC and CG only

Tae Bo® An intensive total body workout combining self-awareness, martial arts and boxing. (55 min) SSC and AC only

Turbo Kick® Kickboxing with a twist. Punching/kicking combos, bouts of intense intervals and strength/endurance training. (55 min)

Turbo Kick LIVE 30 A H.I.I.T. Turbo Kick class focusing on bouts of intense intervals to burn more calories, lose more fat and build more muscle in less time. (30 min) CG only

Zumba® A fitness party workout that includes exciting and unique Latin rhythms and moves. Appropriate for all fitness levels. (55 min)

Zumba Gold A modified, lower-impact beginning version of Zumba. (55 min)

\$ Fee

Fee for all members. Register at front desk. Classes run in sessions.

BOOM Cycle 35 minutes of HIIT (high intensity interval training) and 5-10 minutes of nutrition instruction in the group cycle studio. AC only

Cardio Hula Hoop Burn calories while strengthening your entire body using hula hoops. Learn basic techniques. (45 min) AC and CG only

Deep Water Fitness Free to PPP mbrs. Water exercises in the deep end of the pool to gain strength and endurance and improve range of motion. Flotation belts available. (55 min) Columbia Swim Center only

Pilates Mat Learn classical sequences of Pilates routine on a floor mat. Appropriate for all fitness levels. (45 min) AC only

Zumba Circuit Incorporate Zumba dance fitness intervals and weight/strength training. Taught by personal trainer and Zumba instructor. (55 min) AC only