

# Columbia Gym Group Fitness Classes

Updated and effective  
**July 1, 2017.**

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.**

Columbia Gym  
410-531-0800  
Questions? Email  
Group.Fitness@  
ColumbiaAssociation.org.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45am</b> <b>Cycle and Core</b> (60 min) CD ST 2 ♦	<b>5:30am</b> <b>BodyStep™</b> (45 min) CD ST 1 ♦	<b>5:40am</b> <b>BodyPump™</b> (45 min) ST 1 ♦	<b>5:45am</b> <b>Studio Cycling</b> (60 min) CD 2 ♦	<b>5:40am</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>7:05am</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>8:35am</b> <b>Studio Cycling</b> (60 min) CD 2 ♦
<b>9:35am</b> <b>Aqua Zumba®</b> (55 min) (ends 6/12, moves to Hobbit's Glen 6/19) P ★	<b>5:45am</b> <b>H.I.I.T. Cycling</b> (45 min) CD 2 ♦	<b>9:30am</b> <b>BodyStep™</b> (45 min) CD ST 1 ♦	<b>9:35am</b> <b>Turbo Kick®</b> (55 min) YA ★	<b>9:30am</b> <b>BodyStep™</b> (60 min) CD ST 1 ♦	<b>7:45am</b> <b>Flow Yoga 1</b> (60 min) MB ST 3 ♦	<b>9:00am</b> <b>Cardio Step</b> (55 min) CD 1 ★
<b>9:45am</b> <b>R.I.P.P.E.D.</b> (55 min) CD ST A ★	<b>9:35am</b> <b>Turbo Kick®</b> (55 min) YA ★	<b>9:35am</b> <b>Aqua Fitness</b> (55 min) (ends 6/14, moves to Stevens Forest 6/21) CD ST P ★	<b>10:45am</b> <b>Flow Yoga 2</b> (75 min) MB ST 3 ♦	<b>9:35am</b> <b>Studio Cycling</b> (60 min) CD 2 ♦	<b>8:30am</b> <b>Studio Cycling</b> (60 min) CD 2 ♦	<b>9:30am</b> <b>Cardio Dance Party</b> (55 min) CD A ★
<b>10:45am</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>9:35am</b> <b>Yoga 2</b> (60 min) MB 3 ♦	<b>9:35am</b> <b>Studio Cycling</b> (60 min) CD ST 2 ♦	<b>10:45am</b> <b>Zumba®</b> (55 min) CD 1 ★	<b>9:45am</b> <b>Cardio Tone</b> (55 min) CD ST A ★	<b>8:30am</b> <b>PiYo® Live</b> (35 min) MB ST 1 ★	<b>9:45am</b> <b>Flow Yoga 1</b> (60 min) MB ST 3 ♦
<b>12:00pm</b> <b>CoreFit</b> (30 min) ST 1 ★	<b>10:45am</b> <b>Yoga 1</b> (60 min) MB 3 ♦	<b>10:45am</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>12:00pm</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>11:00am</b> <b>Flow Yoga 2</b> (60 min) MB ST 3 ♦	<b>9:00am</b> <b>Aqua Fitness</b> (55 min) (ends 6/10, moves to Hobbit's Glen at 10am on 6/17) CD ST P ★	<b>10:15am</b> <b>BodyPump™</b> (60 min) ST 1 ♦
<b>5:30pm</b> <b>BodyPump™</b> (60 min) ST S 1 ♦	<b>10:45am</b> <b>Zumba® Gold</b> (55 min) CD 1 ★	<b>11:00am</b> <b>Flow Yoga 1</b> (60 min) MB ST 3 ♦	<b>6:30pm</b> <b>Studio Cycling</b> (60 min) CD 2 ♦	<b>5:45pm</b> <b>Yoga 1</b> (60 min) MB 3 ♦	<b>9:15am</b> <b>Cardio Dance and Tone</b> (55 min) CD ST 1 ★	<b>11:30am</b> <b>BodyShred™</b> (35 min) CD ST 1 ★
<b>6:00pm</b> <b>Cardio Dance Party</b> (55 min) CD A ★	<b>12:00pm</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>12:00pm</b> <b>CoreFit</b> (30 min) ST 1 ★	<b>6:30pm</b> <b>Cardio Dance Party</b> (55 min) CD 1 ★	<b>6:00pm</b> <b>Zumba®</b> (55 min) CD ST S YA ★	<b>10:30am</b> <b>BodyStep™</b> (60 min) CD ST 1 ♦	
<b>6:30pm</b> <b>Cycle and Core</b> (60 min) CD ST 2 ♦	<b>5:30pm</b> <b>BodyStep™</b> (45 min) CD ST 1 ♦	<b>5:30pm</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>6:30pm</b> <b>Aqua Zumba®</b> (55 min) CD ST P ★		<b>11:00am</b> <b>Flow Yoga 2</b> (75 min) MB ST 3 ♦	
<b>6:45pm</b> <b>NEW Insanity™</b> (55 min) CD ST 1 ★	<b>6:15pm</b> <b>Yoga 2</b> (75 min) MB 3 ♦	<b>6:30pm</b> <b>Cycle and Core</b> (60 min) CD ST 2 ♦	<b>7:30pm</b> <b>BodyShred™</b> (35 min) CD ST 1 ★		<b>1:30pm</b> <b>Tai Chi Sword</b> (55 min) MB 1 ★	
<b>8:00pm</b> <b>BodyPump™</b> (60 min) ST 1 ♦	<b>6:30pm</b> <b>Studio Cycling</b> (60 min) CD 2 ♦	<b>6:45pm</b> <b>Cardio Tone</b> (55 min) CD ST 1 ★				
	<b>6:30pm</b> <b>Cardio Dance Party</b> (55 min) CD 1 ★	<b>8:00pm</b> <b>BodyPump™</b> (60 min) ST 1 ♦				
	<b>7:30pm</b> <b>BodyShred™</b> (35 min) CD ST 1 ★					

### 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 (Cycle)
- 3 Studio 3
- YA Youth Arena
- A Adult Arena
- P Pool

### Class type

- CD Cardio
- ST Strength
- MB Mind/Body

Schedule subject to change.