

# Columbia Gym Group Fitness Classes

Updated and effective  
**October 1, 2016.**

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 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 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> CD ST 2 ▲ PPP, PP Drop-in (60 min)	<b>5:45am</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (60 min)	<b>5:45am</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>5:45am</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (60 min)	<b>5:45am</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>7:05am</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>8:35am</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (60 min)
<b>9:35am</b> <b>Aqua Zumba®</b> CD ST P ★ Drop-in (55 min)	<b>9:35am</b> <b>Turbo Kick®</b> CD YA ★ Drop-in (55 min)	<b>9:30am</b> <b>BodyStep™</b> CD ST 1 ◆ PPP Mbrs only (45 min)	<b>9:35am</b> <b>Turbo Kick®</b> CD YA ★ Drop-in (55 min)	<b>9:35am</b> <b>BodyStep™</b> CD ST 1 ◆ PPP Mbrs only (60 min)	<b>7:45am</b> <b>Flow Yoga 1</b> MB ST 3 ◆ PPP Mbrs only (60 min)	<b>9:00am</b> <b>Step Combo</b> CD 1 ★ Drop-in (55 min)
<b>9:45am</b> <b>Insanity™</b> CD ST A ★ Drop-in (55 min)	<b>9:35am</b> <b>Yoga 2</b> MB 3 ◆ PPP Mbrs only (60 min)	<b>9:35am</b> <b>Aqua Fitness</b> CD ST P ★ Drop-in (55 min)	<b>10:45am</b> <b>Flow Yoga 2</b> MB ST 3 ◆ PPP Mbrs only (75 min)	<b>9:45am</b> <b>Cardio Tone</b> CD ST A ★ Drop-in (55 min)	<b>8:30am</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (60 min)	<b>9:30am</b> <b>Cardio Dance Party</b> CD A ★ Drop-in (55 min)
<b>10:45am</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>10:45am</b> <b>Yoga 1</b> MB 3 ◆ PPP Mbrs only (60 min)	<b>9:35am</b> <b>Cycle and Core</b> CD ST 2 ▲ PPP, PP Drop-in (60 min)	<b>10:45am</b> <b>Zumba®</b> CD 1 ★ Drop-in (55 min)	<b>9:45am</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (45 min)	<b>8:30am</b> <b>Turbo Kick® LIVE 30</b> CD 1 ★ Drop-in (30 min)	<b>9:45am</b> <b>Flow Yoga 1</b> MB ST 3 ◆ PPP Mbrs only (60 min)
<b>5:30pm</b> <b>BodyPump™</b> ST S 1 ◆ PPP Mbrs only (60 min)	<b>10:45am</b> <b>Zumba® Gold</b> CD 1 ★ Drop-in (55 min)	<b>10:45am</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>12:00pm</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>11:00am</b> <b>Flow Yoga 2</b> MB ST 3 ◆ PPP Mbrs only (60 min)	<b>9:00am</b> <b>Aqua Fitness</b> CD ST P ★ Drop-in (55 min)	<b>10:15am</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)
<b>6:00pm</b> <b>Cardio Dance Party</b> CD A ★ Drop-in (55 min)	<b>12:00pm</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>11:00am</b> <b>Flow Yoga 1</b> MB ST 3 ◆ PPP Mbrs only (60 min)	<b>6:30pm</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (60 min)	<b>5:45pm</b> <b>Yoga 1</b> MB 3 ◆ PPP Mbrs only (60 min)	<b>9:15am</b> <b>Cardio Dance and Tone</b> CD ST 1 ★ Drop-in (55 min)	<b>11:30am</b> <b>BodyShred™</b> CD ST 1 ★ Drop-in (35 min)
<b>6:30pm</b> <b>Cycle and Core</b> CD ST 2 ▲ PPP, PP Drop-in (60 min)	<b>5:30pm</b> <b>Cardio Hula Hoop</b> CD 1 \$ Fee (45 min)	<b>12:00pm</b> <b>Pilates Hybrid</b> MB ST 1 ★ Drop-in (30 min)	<b>6:30pm</b> <b>Cardio Dance Party</b> CD 1 ★ Drop-in (55 min)	<b>6:00pm</b> <b>Zumba®</b> CD ST S YA ★ Drop-in (55 min)	<b>10:30am</b> <b>BodyStep™</b> CD ST 1 ◆ PPP Mbrs only (60 min)	
<b>6:45pm</b> <b>R.I.P.P.E.D.®</b> CD ST 1 ★ Drop-in (55 min)	<b>6:15pm</b> <b>Yoga 2</b> MB 3 ◆ PPP Mbrs only (75 min)	<b>5:30pm</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>6:30pm</b> <b>Aqua Zumba®</b> CD ST P ★ Drop-in (55 min)		<b>11:00am</b> <b>Flow Yoga 2</b> MB ST 3 ◆ PPP Mbrs only (75 min)	
<b>8:00pm</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)	<b>6:30pm</b> <b>Studio Cycling</b> CD 2 ▲ PPP, PP Drop-in (60 min)	<b>6:30pm</b> <b>Cycle and Core</b> CD ST 2 ▲ PPP, PP Drop-in (60 min)	<b>7:30pm</b> <b>BodyShred™</b> CD ST 1 ★ Drop-in (35 min)		<b>1:30pm</b> <b>Tai Chi Sword</b> MB 1 ◆ PPP Mbrs only (55 min)	
	<b>6:30pm</b> <b>Cardio Dance Party</b> CD 1 ★ Drop-in (55 min)	<b>6:45pm</b> <b>Insanity™</b> CD ST 1 ★ Drop-in (55 min)				
	<b>7:30pm</b> <b>BodyShred™</b> CD ST 1 ★ Drop-in (35 min)	<b>8:00pm</b> <b>BodyPump™</b> ST 1 ◆ PPP Mbrs only (60 min)				

### 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 (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.

# 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](mailto: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