

# 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

## ◆ CA Fit&Play Preregister, 1Fit (former Package Plan), Drop-in

CA Fit&Play (F&P) members can preregister. Former Package Plan (PP) members and 1Fit (1F) members drop-in on a space-available basis. Front desk check-in required 10 minutes before BodyPump®, five minutes before all other classes.

**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 only

**NEW! CXWORX™** A quick, efficient 30-minute workout that challenges you mentally and physically. Tighten and tone core muscles and improve functional strength for balance, mobility and injury prevention. Uses body weight, tubing and light free weights. (30 min) SSC only

**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

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

**H.I.I.T. Cycling** 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)

**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

**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

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

**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)

## ★ Drop-in

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

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

**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

**Basic Training** Military-style workout with endurance and interval running, calisthenics, agility and flexibility training that builds camaraderie with fellow participants. Not recommended for people with chronic back or knee problems. (60 min) AC and SSC 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

**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

**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)

**NEW! Cardio Step** A multi-level low impact class that involves stepping on an adjustable bench. Stepping improves your body tone, muscle definition, strength and endurance. (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

**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 and CG only

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

**R.I.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)

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

**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.

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

**Deep Water Fitness** Free to F&P members. 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