

RELOCATED Columbia Athletic Club Group Fitness Classes

Updated and effective **June 20-July 31, 2018**. Visit facilities or go to 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 (CG)

6151 Day Long Lane, Clarksville 21029
410-730-6744

Supreme Sports Club (SSC)

7080 Deepage Drive, Columbia 21045
410-381-5355

Haven on the Lake (HOL)

10275 Little Patuxent Parkway, Columbia 21044
410-715-3020

Kahler Hall (KH)

5440 Old Tucker Row, Columbia 21044
410-730-0770

Claret Hall

6020 Daybreak Circle, Clarksville 21029
410-531-1749

Questions? Email Group.Fitness@ColumbiaAssociation.org.

We're here to help you find a class!

For updates about the Columbia Athletic Club renovation, please visit ColumbiaAssociation.org/acrenovation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am CD ST ★ CG Basic Training (60 min)	5:45am ST ◆ SSC BodyPump™ (60 min)	6:00am CD ST ★ CG Basic Training (60 min)	5:45am ST ◆ CG BodyPump™ (60 min)	6:00am CD ST ★ CG Basic Training (60 min)	6:30am CD ◆ SSC Studio Cycling (60 min)	7:30am CD ◆ SSC Studio Cycling (60 min)
9:30am ST ◆ CG BodyPump™ (60 min)	5:45am CD ◆ SSC Studio Cycling (45 min)	6:00am CD ◆ CG Studio Cycling (45 min)	5:45am CD ◆ SSC Studio Cycling (45 min)	6:00am CD ◆ CG Studio Cycling (45 min)	8:00am CD ST ★ CG Insanity™ (55 min)	8:15am CD ★ SSC LaBlast™ (55 min)
9:30am ★ CG Aqua Arthritis (45 min) (6/25-9/3 only)	9:30am MB ★ CG Aqua Arthritis (45 min)	9:30am ★ CG Aqua Arthritis Plus (45 min) (6/20-8/29 only)	9:30am MB ★ CG Aqua Arthritis (45 min)	9:30am ★ CG Aqua Arthritis (45 min)	8:00am MB ◆ SSC Yoga 3 (60 min)	9:00am MB ★ HOL NEW Aqua Arthritis (45 min)
9:30am CD ◆ CG Studio Cycling (60 min)	9:30am CD ST ★ CG Cardio Tone (55 min)	9:30am MB ★ SSC QiGong (55 min)	9:30am CD ST ★ CG Cardio Tone (55 min)	9:30am CD ST ★ CH Cardio Dance and Tone (55 min)	9:00am ★ CG Aqua Arthritis Plus (45 min) (6/23-9/1 only)	9:30am MB ◆ SSC Yoga 3 (85 min)
10:45am MB ST ◆ CG Flow Yoga 2 (60 min)	9:45am CD ◆ CG Studio Cycling (45 min)	9:45am CD ST ★ CG Cardio Tone (55 min)	9:45am CD ◆ CG Studio Cycling (45 min)	9:30am MB ★ SSC QiGong (55 min)	9:00am CD ST ★ CG LaBlast™ and Tone (55 min)	9:45am CD ◆ CG Studio Cycling (45 min)
10:50am CD ST ★ CG Cardio Dance and Tone (55 min)	10:50am MB ST ★ CG PiYo® LIVE (55 min)	10:45am MB ◆ SSC Yoga 1 (60 min)	10:45am MB ★ CG Tai Chi (55 min)	9:30am CD ◆ SSC Studio Cycling (60 min)	9:45am CD ◆ CG Studio Cycling (45 min)	10:00am MB ★ HOL Ai Chi (45 min)
12:00pm ★ SSC Joints in Motion (55 min)	12:00pm ST ★ SSC Build Your Bones (45 min)	10:55am CD ST ★ CG LaBlast™ (50 min)	12:00pm ST ★ SSC Build Your Bones (45 min)	10:45am CD ST ★ CH LaBlast™ (55 min)	10:30am MB ◆ SSC Yoga 1 (60 min)	10:45am ST ◆ SSC BodyPump™ (60 min)
5:30pm CD ◆ CG Studio Cycling (45 min)	6:30pm ★ CG Aqua Arthritis (45 min)	5:00pm CD ★ KH Rhythm Rumble (begins 5/23) (50 min)	5:30pm MB ◆ SSC Flow Yoga 2 (60 min) (Studio 2)	10:45am MB ◆ SSC Restorative Yoga (60 min)	11:45am ST ◆ CG BodyPump™ (60 min)	11:00am MB ◆ SSC Yoga 2 (60 min)
6:00pm MB ◆ CG Yoga 1 (60 min)	7:30pm MB ST ◆ CG Flow Yoga 2 (60 min)	5:30pm CD ◆ CG Studio Cycling (45 min)	7:30pm MB ST ★ SSC PiYo® LIVE (55 min)	6:15pm ST ◆ SSC BodyPump™ (60 min)		
6:45pm CD ★ SSC Tae Bo® (55 min)	7:35pm ST ◆ CG BodyPump™ (60 min)	6:00pm MB ★ KH Yoga 1 (60 min) *Bring your own mat	7:35pm ST ◆ CG BodyPump™ (60 min)	6:15pm CD ◆ SSC Studio Cycling (45 min)		
7:15pm MB ◆ CG Yoga 2 (75 min)		7:30pm CD ST ★ SSC R.I.P.P.E.D.® (55 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 on space-available basis.
- \$ 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

- CG** Columbia Gym
- SSC** Supreme Sports Club
- KH** Kahler Hall
- CH** Claret Hall, River Hill
- HOL** Haven on the Lake

Class type

- CD** Cardio
- ST** Strength
- MB** Mind/Body

Schedule subject to change.