

# Columbia Athletic Club Group Fitness Classes



Updated and effective **January 2, 2021**. **All classes require preregistration** (see box below). Schedule and instructor may change without notice. Class size is limited to allow for physical distancing. Walk-in on a space available basis only; check at the front desk. Members and team members will be asked to clean any equipment used. **Only dumbbells and BodyPump™ equipment will be available. Please bring whatever else you may need such as a water bottle, mat, band, all yoga props, and gel seat.** Please be in the studio five minutes before BodyPump and two minutes before all other classes or your space may be given away. Questions? Email [Group.Fitness@ColumbiaAssociation.org](mailto:Group.Fitness@ColumbiaAssociation.org). *Schedule subject to change.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00am</b> <b>Basic Training</b> (60 min) CD ST *	<b>5:45am</b> <b>MyCycle</b> (45 min) CD G *	<b>6:00am</b> <b>Basic Training</b> (60 min) CD ST *	<b>5:45am</b> <b>BodyPump™</b> (45 min) ST 1 *	<b>6:00am</b> <b>Basic Training</b> (60 min) CD ST *	<b>8:00am</b> <b>Insanity™</b> (45 min) CD ST 1 *	<b>NEW</b> <b>7:45am</b> <b>LaBlast™</b> (35 min) CD 1 *
<b>6:30am</b> <b>MyCycle</b> (45 min) CD G *	<b>9:30am</b> <b>BodyPump™</b> (45 min) ST 1 *	<b>10:30am</b> <b>Yoga</b> (60 min) MB 2 *	<b>9:30am</b> <b>Aqua Arthritis</b> (45 min) ST P *	<b>9:30am</b> <b>MyMusic</b> (45 min) CD G *	<b>9:00am</b> <b>MyMusic</b> (45 min) CD G *	<b>NEW</b> <b>8:25am</b> <b>LaBlast™</b> (35 min) CD 1 *
<b>9:30am</b> <b>Aqua Arthritis</b> (45 min) ST P *	<b>10:00am</b> <b>MyCycle</b> (45 min) CD G *	<b>10:45am</b> <b>LaBlast™ and Tone</b> (45 min) CD ST 1 *	<b>10:00am</b> <b>MyCycle</b> (45 min) CD G *	<b>10:30am</b> <b>Yoga</b> (60 min) MB 2 *	<b>9:15am</b> <b>LaBlast™ and Tone</b> (45 min) CD ST 1 *	<b>9:00am</b> <b>Yoga</b> (60 min) MB 2 *
<b>NEW</b> <b>9:30am</b> <b>BodyPump™</b> (45 min) ST 1 *	<b>NEW TIME</b> <b>10:30am</b> <b>Yoga</b> (60 min) MB 2 *	<b>6:00pm</b> <b>MyCycle</b> (45 min) CD G *	<b>NEW TIME</b> <b>10:30am</b> <b>Virtual Qigong</b> (60 min) MB * V	<b>10:45am</b> <b>LaBlast™ and Tone</b> (45 min) CD ST 1 *	<b>9:30am</b> <b>Yoga</b> (60 min) MB 2 *	<b>9:15am</b> <b>BodyPump™</b> (45 min) ST 1 *
<b>10:30am</b> <b>Yoga</b> (60 min) MB 2 *	<b>1:45pm</b> <b>Build Your Bones (60+)</b> (45 min) ST 1 *	<b>6:30pm</b> <b>Cardio Barre Tone</b> (45 min) CD ST 1 *	<b>12:00pm</b> <b>Build Your Bones</b> (45 min) ST 1 *	<b>NEW</b> <b>1:45pm</b> <b>Fit Essentials</b> (45 min) CD ST 1 *	<b>10:30am</b> <b>BodyPump™</b> (45 min) ST 1 *	<b>9:30am</b> <b>MyMusic</b> (45 min) CD G *
<b>10:45am</b> <b>Cardio Tone</b> (45 min) CD ST 1 *	<b>5:15pm</b> <b>Athletic Step</b> (45 min) CD 1 *	<b>NEW TIME</b> <b>7:30pm</b> <b>Zumba®</b> (45 min) CD 1 *	<b>NEW TIME</b> <b>6:35pm</b> <b>BodyPump™</b> (45 min) ST 1 *	<b>5:30pm</b> <b>Aqua Arthritis</b> (45 min) ST P *	<b>10:30am</b> <b>Athletic Step</b> (45 min) CD 1 *	<b>NEW</b> <b>11:30am</b> <b>Yoga Sculpt</b> (45 min) ST MB 1 *
<b>12:00pm</b> <b>MyMusic</b> (45 min) CD G *	<b>6:00pm</b> <b>Flow Yoga</b> (60 min) MB 2 *		<b>NEW TIME</b> <b>7:30pm</b> <b>PiYo® LIVE</b> (45 min) ST MB 1 *			
<b>6:00pm</b> <b>Yoga</b> (60 min) MB 2 *	<b>NEW</b> <b>6:30pm</b> <b>Aqua Arthritis</b> (45 min) ST P *					
<b>6:30pm</b> <b>Kickboxing</b> (45 min) CD 1 *	<b>NEW</b> <b>6:30pm</b> <b>BodyPump™</b> (45 min) ST 1 *					

**\* NEW Registration procedures:**  
**All classes require preregistration.** Preregister online, in person, or by calling Columbia Athletic Club, 410-730-6744.  
**CA Fit&Play, Golf Fit&Play, 5Day Golf&Play** may register **48** hours in advance.  
**1Fit** members may register for classes at their club **24** hours in advance.

- Class location**
- 1 Studio 1
  - 2 Studio 2
  - G Cycle Studio
  - P Pool
  - T Tribe Studio
- Class type**
- CD Cardio
  - ST Strength
  - MB Mind/Body
  - V To register, call Athletic Club, 410-730-6744, or use Athletic Club site in app.

