

Group Fitness Class Descriptions



Length of classes are noted. Members and guests must be at least 14 years old to participate in class. Members age 11-13 may attend group fitness classes only if they are accompanied by a parent or guardian during the entire class. 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.

* NEW Registration procedures:

All classes require preregistration. Preregister online, in person, or by calling **Columbia Athletic Club (AC)**, 410-730-6744; **Columbia Gym (CG)**, 410-531-0800; or **Supreme Sports Club (SSC)**, 410-381-5355. **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.

Athletic Step Torch calories and sweat your way through this muscle building, calorie busting workout! With or without the step platform, push your body with varied, but never complex, athletic moves, all to motivating music. May include plyometrics. All levels welcome. (30 and 45 min) **CD**

Aqua Arthritis Gentle exercises to help decrease pain and stiffness with an increased endurance phase. All fitness levels welcome. (45 min) **AC only ST**

Aqua Combo Deep and shallow water fitness combined in one class. All fitness levels welcome. (45 min) **CD ST**

Aqua Fitness Aerobics, flexibility and muscle conditioning in shallow water. Appropriate for all fitness levels. (45 min) **CG and SSC only CD ST**

Aqua Zumba® The fun of Zumba® with the buoyancy and resistance of the water. All fitness levels welcome. (45 min) **CD**

Basic Training Outdoor class that includes running and intense intervals combining cardiovascular training, resistance training, and functional training. (60 min) **CD ST**

BodyCombat™ A fun, high energy martial arts class. Learn moves from karate, tae kwon do, boxing, and more with no contact and no equipment. All fitness levels welcome. (45 min) **CG and SSC only CD**

BodyPump™ Weight training set to motivating music, using barbells with changeable weights for all fitness levels. Check in 10 minutes before class required. (30 or 45 min) **ST**

Body Sculpt A mix of strength training and core work using weights. Appropriate for all fitness levels. (45 min) **SSC only ST**

Build Your Bones 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 ST**

Cardio Barre Tone An aerobic, non-impact workout that focuses on strengthening, sculpting, and stretching the entire body using dumbbells and ballet-inspired movements. For all levels. (30 and 45 min) **AC only CD ST**

Cardio Dance Party A dance fitness class that includes easy, fun moves. Dance styles and music may include hip-hop, pop, Latin, disco and more, depending on the instructor. Appropriate for all fitness levels. (30 or 45 min) **CD**

Cardio Tone A mix of cardio, strength training and core using body weight and light hand weights. For all fitness levels. (45 min) **CD ST**

CoreFit and Tone Strengthen and tone abs, lower back, and core with functional weight training using body weight and light hand weights. All fitness levels welcome. (45 min) **ST**

CXWORX™ Tighten and tone core muscles and improve functional strength for balance, mobility, and injury prevention. Uses body weight and light free weights. All fitness levels welcome. (30 min) **CG and SSC only ST**

Fit Essentials Classic cardio moves designed to increase stamina combined with strength training, balance, core and flexibility exercises to keep you feeling strong and limber. For all levels. (45 min) **AC only CD ST**

Flow Yoga Vinyasa style of yoga that stretches and strengthens the body. This dynamic practice cultivates presence by connecting movement with breath. All levels welcome. (60 min) **MB**

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. (45 min) **CD ST**

Kickboxing Martial arts techniques combined with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. All levels welcome. (45 min) **CD**

LaBlast® An exciting, fun, partner-free dance fitness program. Burn calories and fat while learning ballroom dance moves. All fitness levels welcome. (35 and 45 min) **AC and CG only CD**

LaBlast® and Tone A fun, partner-free dance fitness program using light weights. Burn calories, burn fat and sculpt muscles while learning ballroom dance moves. All fitness levels welcome. (45 min) **AC and SSC only CD ST**

MyCycle An energetic ride with drills focusing on strength, endurance, and power. Open to all levels. (30 or 45 min) **CD**

MyMusic A fun, upbeat ride focused on the most popular playlists while working up a sweat and getting fit! Open to all levels. (30 or 45 min) **CD**

MyRide®+ The world's most advanced experience in group indoor cycling! Instructors will lead you as you experience traveling the world using high-definition forward-motion video, all with music helping to push you through your journey. Open to all levels. (30 or 45 min) **SSC only CD**

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. All fitness levels welcome. (45 min) **ST**

Step Interval Fusion This class is full of energy! Interval training using the step to challenge your cardio fitness and functional weight training to strengthen your muscles. May include plyometrics. Finishes with core work. Options for all levels. Moves can be done without a step. (30 min) **SSC only CD ST**

Tabata High-Intensity interval training cardio class following the Tabata principle of a 20-second work interval followed by 10 seconds of rest. This class provides cardio, speed, agility and core training. (30 min) **CD**

Tae Bo® An intensive total body workout combining self-awareness, martial arts and boxing. (45 min) **SSC only CD**

Virtual QiGong A Chinese practice integrating movement, posture, breathing, and awareness. For all levels. Meeting code will be emailed to you before the class. (60 min) **AC only MB**

Yoga All-level class focusing on static poses to increase flexibility, strength, and endurance. Variations included to enhance the member experience. All levels welcome. (60 min) **MB**

Yoga Sculpt Class uses light weights, bodyweight training, and mindful flows. All fitness levels welcome. (45 min) **MB ST**

Zumba® A fitness party workout that includes exciting and unique Latin rhythms and moves. Appropriate for all fitness levels. (30 and 45 min) **CD**