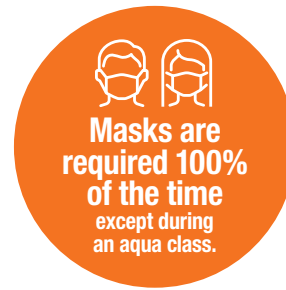


REMEMBER TO CANCEL YOUR RESERVATION VIA THE APP OR CALL THE CLUB IF YOU CANNOT ATTEND.



Updated and effective **January 2, 2021**. Visit clubs or go to ColumbiaAssociation.org/fitnessschedules for updated information. 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. **Please bring any additional equipment you may need such as a water bottle and cycle gel seat.** Please be in the studio two minutes before class begins 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 the club of your choice. **CA Fit&Play, Golf Fit&Play** may register **48** hours in advance. **1Fit** members may register for classes at their club **24** hours in advance. **All cycle classes are cardio and masks are optional.**

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	● 6:30am MyCycle (45 min) AC	● 5:45am MyCycle (45 min) AC	● 10:00am MyMusic (45 min) SSC	● 5:45am MyCycle (45 min) SSC	● 9:30am MyMusic (45 min) AC	● 8:30am MyCycle (45 min) CG	● 8:30am MyMusic (45 min) CG
	● 9:45am MyCycle (45 min) CG	● 9:30am MyRide (45 min) SSC		● 9:30am MyRide (45 min) SSC	● 9:45am MyCycle (45 min) CG	● 9:00am MyMusic (45 min) AC	● 9:30am MyCycle (45 min) SSC
		● 10:00am MyCycle (45 min) AC		● 10:00am MyCycle (45 min) AC		● 9:30am MyRide® (45 min) SSC	● 9:30am MyMusic (45 min) AC
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	● 12:00pm MyMusic (45 min) AC	● 5:45pm MyRide® (45 min) SSC	● 12:00pm MyCycle (45 min) CG	● 5:45pm MyMusic (45 min) SSC			
	● 6:15pm MyMusic (30 min) CG	● 6:45pm MyRide® (30 min) SSC	● 6:00pm MyCycle (45 min) AC	● 6:15pm MyCycle (45 min) CG			

Class type: ● MyCycle ● MyRide ● MyMusic

AC Columbia Athletic Club, 410-730-6744 • CG Columbia Gym, 410-531-0800 • SSC Supreme Sports Club, 410-381-5355

