

Supreme Sports 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 cycle 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. *Schedule subject to change.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am BodyPump™ (45 min) ST 1 *	NEW 5:30am CXWORX™ (30 min) ST 1 *	8:00am BodyPump™ (45 min) ST 1 *	5:45am MyCycle (45 min) CD 2 *	NEW 7:15am BodyPump™ (30 min) ST 1 *	8:00am BodyPump™ (45 min) ST 1 *	NEW TIME 9:15am BodyPump™ (45 min) ST 1 *
8:00am BodyPump™ (45 min) ST 1 *	9:30am MyRide (45 min) CD 2 *	NEW 9:00am Yoga Sculpt (45 min) MB ST 1 *	9:30am MyRide (45 min) CD 2 *	NEW TIME 8:00am CXWORX™ (30 min) ST 1 *	9:15am Flow Yoga (60 min) MB Y *	9:30am MyCycle (45 min) CD 2 *
9:30am LaBlast™ and Tone (45 min) CD ST A *	10:45am CoreFit and Tone (45 min) ST 1 *	10:00am MyMusic (45 min) CD 2 *	10:45am CoreFit and Tone (45 min) ST 1 *	9:30am BodyPump™ (45 min) ST 1 *	9:15am BodyPump™ (45 min) ST 1 *	10:30am Body Combat™ (45 min) CD A *
NEW 11:30am Tabata (30min) CD A *	NEW 5:15pm BodyPump™ (45 min) ST 1 *	NEW 5:45pm Cardio Dance Party (30 min) CD A *	NEW TIME 10:30pm Virtual Qigong (60 min) MB * V	NEW 10:45am Insanity™ (45 min) CD ST A *	9:30am MyRide (45 min) CD 2 *	
NEW TIME 5:00pm Athletic Step (30 min) CD A *	5:45pm MyRide (45 min) CD 2 *	NEW 6:30pm Cardio Dance Party (30 min) CD A *	NEW 5:30pm Body Combat™ (45 min) CD A *	5:30pm BodyPump™ (30 min) ST 1 *	10:30am Tae Bo (45 min) CD A *	
NEW 5:45pm Step Interval Fusion (30 min) CD ST A *	6:15pm Flow Yoga (60 min) MB Y *	NEW 6:15pm Yoga (60 min) MB Y *	5:45pm MyMusic (45 min) CD 2 *	NEW TIME 6:15pm CXWORX™ (30 min) ST 1 *	12:00pm Zumba® (45 min) CD A *	
6:15pm Flow Yoga (60 min) MB Y *	NEW 6:15pm CXWORX™ (30 min) ST 1 *	7:15pm Body Sculpt (45 min) ST 1 *	NEW 7:15pm Zumba® (30 min) CD A *			
6:30pm BodyPump™ (45 min) ST 1 *	6:45pm MyRide (30 min) CD 2 *		NEW 7:30pm Yoga Sculpt (45 min) MB ST 1 *			
	7:00pm Body Combat™ (45 min) CD A *					

*** NEW Registration procedures:**

All classes require preregistration. Preregister online, in person, or by calling Supreme Sports Club, 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.

Class location

- 1 Studio 1
- 2 Studio 2 (Cycle)
- A Arena
- Y Yoga Studio
- P Pool

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.