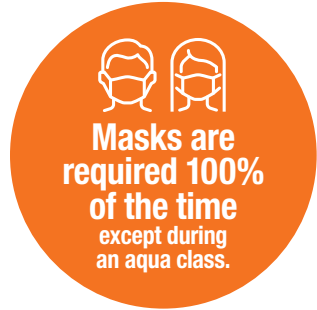


Columbia Athletic Club Group Fitness Classes



Updated and effective **May 1, 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. Shoes are required in all classes except Yoga, Barre, PiYo, and Pilates.** 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
6:00am Basic Training (60 min) CD ST *	5:45am MyCycle (45 min) CD G *	6:00am Basic Training (60 min) CD ST *	5:45am BodyPump™ (45 min) ST 1 *	6:00am Basic Training (60 min) CD ST *	8:00am Insanity™ (45 min) CD ST 1 *	8:15am LaBlast™ (45 min) CD 1 *
9:30am Aqua Arthritis (45 min) ST P *	9:30am BodyPump™ (45 min) ST 1 *	NEW 9:30am Aqua Yoga (45 min) MB P *	9:30am Aqua Arthritis (45 min) ST P *	9:30am MyMusic (45 min) CD G *	9:00am MyMusic (45 min) CD G *	9:00am Yoga (60 min) MB 2 *
9:30am BodyPump™ (45 min) ST 1 *	10:30am Yoga (60 min) MB 2 *	10:30am Yoga (60 min) MB 2 *	10:00am MyCycle (45 min) CD G *	10:30am Yoga (60 min) MB 2 *	9:15am LaBlast™ and Tone (45 min) CD ST 1 *	9:15am BodyPump™ (45 min) ST 1 *
10:30am Yoga (60 min) MB 2 *	NEW TIME 10:45am Total Body Barre (45 min) CD ST 1 *	10:45am LaBlast™ and Tone (45 min) CD ST 1 *	10:30am Virtual Qigong (60 min) MB * V	10:45am LaBlast™ and Tone (45 min) CD ST 1 *	9:30am Yoga (60 min) MB 2 *	9:30am MyMusic (45 min) CD G *
10:45am Cardio Tone (45 min) CD ST 1 *	1:45pm Build Your Bones (60+) (45 min) ST 1 *	6:00pm MyCycle (45 min) CD G *	NEW 10:45am LaBlast™ (45 min) CD 1 *	1:45pm Fit Essentials (60+) (45 min) CD ST 1 *	10:30am BodyPump™ (45 min) ST 1 *	NEW 11:00am Community Tai Chi* (60 min) MB 2 *
12:00pm MyMusic (45 min) CD G *	5:15pm Athletic Step (45 min) CD 1 *	6:30pm Total Body Barre (45 min) CD ST 1 *	12:00pm Build Your Bones (45 min) ST 1 *	5:30pm Aqua Arthritis (45 min) ST P *	NEW TIME 11:00am Aqua Arthritis (45 min) ST P *	NEW 11:30am Yoga Sculpt (45 min) ST MB 1 *
6:00pm Yoga (60 min) MB 2 *	6:00pm Flow Yoga (60 min) MB 2 *	7:30pm Zumba® (45 min) CD 1 *	6:35pm BodyPump™ (45 min) ST 1 *	NEW 5:30pm MyCycle (45 min) CD G *		
6:30pm Kickboxing (45 min) CD 1 *	NEW 6:30pm Aqua Arthritis (45 min) ST P *		NEW NAME 7:35pm Yoga Sculpt (45 min) ST MB 1 *			
NEW 7:30pm Total Body Barre (45 min) CD ST 1 *	6:30pm BodyPump™ (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.

*Community class: Free to members, registration begins 48 hours in advance; \$7 for Columbia Cardholders and non-members, registration begins 24 hours in advance by calling the Columbia Athletic Club front desk, 410-730-6744.

Class location

- 1 Studio 1
- 2 Studio 2
- G Cycle 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.