

Columbia Gym Group Fitness Classes



Updated and effective **April 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 cycle 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
9:30am Aqua Fitness (45 min) (ends 4/5) CD ST P *	9:30am Body Combat™ (45 min) CD A *	5:30am BodyPump™ (45 min) ST 1 *	9:30am Body Combat™ (45 min) CD A *	NEW TIME 5:30am Les Mills Core™ (30 min) ST 1 *	7:00am BodyPump™ (45 min) ST 1 *	8:30am Yoga (60 min) MB 3 *
NEW 9:30am Aqua Spin (45 min) (begins 5/3) CD ST P *	10:45am Yoga (60 min) MB 3 *	9:30am Aqua Fitness (45 min) CD ST P *	10:30am Virtual Qigong (60 min) MB * V	8:00am BodyPump™ (45 min) ST 1 *	8:15am Body Combat™ (45 min) CD A *	9:30am Cardio Dance Party (45 min) CD A *
9:30am Barre Pilates (45 min) MB 1 *	12:00pm BodyPump™ (45 min) ST 1 *	NEW 9:45am Tabata (30 min) CD A *	10:45am Flow Yoga (60 min) MB 3 *	9:00am Athletic Step (45 min) CD A *	8:30am MyCycle (45 min) CD 2 *	9:45am Flow Yoga (60 min) MB 3 *
9:45am MyCycle (45 min) CD 2 *	5:30pm Yoga Sculpt (45 min) MB ST 1 *	10:30am BodyPump™ (45 min) ST 1 *	12:00pm BodyPump™ (45 min) ST 1 *	9:30am Self-Guided Aqua Fitness (45 min) CD ST P *	9:15am Les Mills Core™ (30 min) ST 1 *	10:45am BodyPump™ (45 min) ST 1 *
NEW 11:30am Les Mills Core™ (30 min) ST 1 *	6:30pm Aqua Fitness (45 min) CD ST P *	12:00pm MyCycle (45 min) CD 2 *	6:00pm Yoga (60 min) MB 3 *	9:45pm Total Body Barre (45 min) CD ST 1 *	9:30am Aqua Fitness (45 min) CD ST P *	
5:30pm BodyPump™ (45 min) ST 1 *	6:45pm LaBlast® (45 min) CD A *	5:30pm Body Combat™ (45 min) CD A *	6:15pm MyCycle (45 min) CD 2 *	10:45am Cardio Tone (45 min) CD ST A *	10:45am Flow Yoga (60 min) MB 3 *	
6:00pm MyMusic (45 min) CD 2 *		6:30pm Aqua Fitness (45 min) CD ST P *	6:30pm Aqua Zumba® (45 min) CD ST P *	6:00pm Yoga (60 min) MB 3 *		
6:30pm Aqua Fitness (45 min) CD ST P		NEW TIME 6:45pm BodyPump™ (45 min) ST 1 *	NEW 6:45pm LaBlast® (45 min) CD A *	6:30pm Aqua Fitness (45 min) CD ST P *		
6:30pm Les Mills Core™ (45 min) ST 1 *						
6:45pm Yoga (60 min) MB 3 *						

*** NEW Registration procedures:**

All classes require preregistration. Preregister online, in person, or by calling Columbia Gym, 410-531-0800.

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)
- 3 Studio 3
- YA Youth Arena
- A Adult Arena
- 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.

