

Columbia Gym 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 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 |
|---|--|---|--|--|--|--|
| <p>NEW 9:30am Aqua Spin (45 min) CD ST P *</p> <p>NEW LOCATION 9:30am Barre Pilates (45 min) MB ST 3 *</p> <p>9:45am MyCycle (45 min) CD 2 *</p> <p>10:30am BodyPump™ (45 min) ST 1 *</p> <p>NEW 11:30am Les Mills Core™ (30 min) ST 1 *</p> <p>5:30pm BodyPump™ (45 min) ST 1 *</p> <p>6:00pm MyMusic (45 min) CD 2 *</p> <p>NEW TIME 6:00pm Yoga (60 min) MB 3 *</p> <p>6:30pm Aqua Fitness (45 min) CD ST P *</p> <p>6:30pm Les Mills Core™ (45 min) ST 1 *</p> <p>NEW 7:15pm Ballet Barre (45 min) CD ST 3 *</p> | <p>9:30am Body Combat™ (45 min) CD A *</p> <p>NEW 9:30am Reformer Lvl. 1/2 (55 min) (begins 5/11) MB ST PS *\$</p> <p>10:45am Yoga (60 min) MB 3 *</p> <p>12:00pm BodyPump™ (45 min) ST 1 *</p> <p>5:30pm Yoga Sculpt (45 min) MB ST 1 *</p> <p>6:30pm Aqua Fitness (45 min) CD ST P *</p> <p>6:45pm LaBlast® (45 min) CD A *</p> | <p>5:30am BodyPump™ (45 min) ST 1 *</p> <p>9:30am Aqua Fitness (45 min) CD ST P *</p> <p>NEW 9:30am Mat Pilates (45 min) MB ST 1 *</p> <p>NEW 9:30am Reformer Lvl. 1 (55 min) (begins 5/12) MB ST PS *\$</p> <p>NEW 9:45am Tabata (30 min) CD A *</p> <p>10:30am BodyPump™ (45 min) ST 1 *</p> <p>12:00pm MyCycle (45 min) CD 2 *</p> <p>5:30pm Body Combat™ (45 min) CD A *</p> <p>NEW 5:30pm Reformer Lvl. 1 (55 min) (begins 5/12) MB ST PS *\$</p> <p>NEW 6:30pm Aqua Spin (45 min) CD P *</p> <p>NEW 6:30pm Mat Pilates (45 min) MB ST 3 *</p> <p>6:45pm BodyPump™ (45 min) ST 1 *</p> | <p>9:30am Body Combat™ (45 min) CD A *</p> <p>10:30am Virtual Qigong (60 min) MB *C</p> <p>10:45am Flow Yoga (60 min) MB 3 *</p> <p>12:00pm BodyPump™ (45 min) ST 1 *</p> <p>6:00pm Yoga (60 min) MB 3 *</p> <p>6:15pm MyCycle (45 min) CD 2 *</p> <p>6:30pm Aqua Zumba® (45 min) CD ST P *</p> <p>NEW 6:45pm LaBlast® (45 min) CD A *</p> <p>NEW 7:30pm Barre (45 min) ST 3 *</p> | <p>NEW TIME 5:30am Les Mills Core™ (30 min) ST 1 *</p> <p>8:00am BodyPump™ (45 min) ST 1 *</p> <p>9:00am Athletic Step (45 min) CD A *</p> <p>NEW 9:30am Aqua Spin (30 min) CD P *</p> <p>NEW 10:30am Reformer Lvl. 1/2 (55 min) (begins 5/14) MB ST PS *\$</p> <p>10:45am Cardio Tone (45 min) CD ST A *</p> <p>NEW 11:30am Barre Pilates (45 min) MB ST PS *</p> <p>6:00pm Yoga (60 min) MB 3 *</p> <p>NEW 6:30pm Aqua Spin (45 min) CD P *</p> | <p>7:00am BodyPump™ (45 min) ST 1 *</p> <p>NEW 8:00am Barre (45 min) (begins 5/8) ST 3 *</p> <p>8:15am Body Combat™ (45 min) CD A *</p> <p>8:30am MyCycle (45 min) CD 2 *</p> <p>9:15am Les Mills Core™ (30 min) ST 1 *</p> <p>9:30am Aqua Fitness (45 min) CD ST P *</p> <p>NEW 9:30am Reformer Lvl. 1 (55 min) (begins 5/8) MB ST 3 *\$</p> <p>10:45am Flow Yoga (60 min) MB 3 *</p> | <p>8:30am Yoga (60 min) MB 3 *</p> <p>NEW 8:45am Reformer Lvl. 1 (55 min) (begins 5/9) MB ST PS *\$</p> <p>9:30am Cardio Dance Party (45 min) CD A *</p> <p>9:45am Flow Yoga (60 min) MB 3 *</p> <p>10:45am BodyPump™ (45 min) ST 1 *</p> <p>NEW 11:00am Ballet Barre (45 min) CD ST 3 *</p> |

*** 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.
1 Fit 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
PS Pilates Studio

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.

Columbia Association