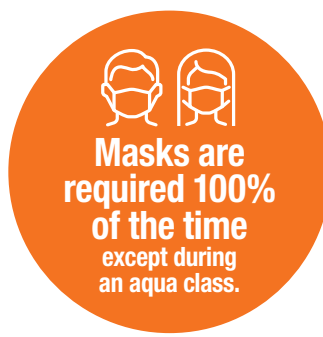


Group Fitness Class Descriptions



AC — Columbia Athletic Club
CG — Columbia Gym
SSC — Supreme Sports Club
SWC — Columbia Swim Center

Length of classes are noted. Members and guests must be at least 14 years old to participate in class. Members age 11-13 may attend group fitness classes only if they are accompanied by a parent or guardian during the entire class. Please be in the studio five minutes before BodyPump and two minutes before all other classes or your space may be given away. **Shoes are required in all classes except Yoga, Barre, PiYo, and Pilates.** Questions? Email Group.Fitness@ColumbiaAssociation.org.

* NEW Registration procedures:

All classes require preregistration. Preregister online, in person, or by calling **Columbia Athletic Club (AC)**, 410-730-6744; **Columbia Gym (CG)**, 410-531-0800; or **Supreme Sports Club (SSC)**, 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.

AQUA

Aqua Arthritis Gentle exercises to help decrease pain and stiffness with an increased endurance phase. All fitness levels welcome. (45 min) AC only **ST**

Aqua Combo Deep and shallow water fitness combined in one class. All fitness levels welcome. (45 min) **CD ST**

Aqua Fitness Aerobics, flexibility and muscle conditioning in shallow water. Appropriate for all fitness levels. (45 min) CG and SSC only **CD ST**

Aqua Spin This cycle class uses the resistance of water to challenge and soothe simultaneously. Great for those recovering from an injury or looking for a cardio workout without all the stress. All levels. (30 or 45 min) CG only **CD**

Aqua Yoga Enhance physical, mental, and emotional health with yoga while warm water offers your body support. All levels. (45 min) AC only **MB**

Aqua Zumba® The fun of Zumba® with the buoyancy and resistance of the water. All fitness levels welcome. (45 min) **CD**

CARDIO

Athletic Step With or without the step platform, push your body with varied, but never complex, athletic moves, all to motivating music. May include plyometrics. All levels. (45 min) **CD**

Basic Training Outdoor class that includes running and intense intervals combining cardiovascular training, resistance training, and functional training. (60 min) **CD ST**

BodyCombat™ A fun, high energy martial arts class. Learn moves from karate, taekwon do, boxing, and more with no contact or equipment. All fitness levels welcome. (45 min) CG and SSC only **CD**

Cardio Tone A mix of cardio, strength training and core using body weight and light hand weights. For all fitness levels. (45 min) **CD ST**

Fit Essentials Classic cardio moves designed to increase stamina combined with strength training, balance, core and flexibility exercises. For all levels. (45 min) AC only **CD ST**

Kickboxing Build stamina, improve coordination and burn calories with this fun, martial arts based challenging workout. All levels. (45 min) **CD**

Tae Bo® An intensive total body workout combining self-awareness, martial arts and boxing. (45 min) SSC only **CD**

CYCLE

Aqua Spin This cycle class uses the resistance of water to challenge and soothe simultaneously. Great for those recovering from an injury or looking for a cardio workout without all the stress. All levels. (30 or 45 min) CG only **CD**

MyCycle An energetic ride with drills focusing on strength, endurance, and power. Open to all levels. (30 or 45 min) **CD**

MyMusic A fun, upbeat ride focused on the most popular playlists while working up a sweat and getting fit! Open to all levels. (30 or 45 min) **CD**

MyRide®+ Instructors will lead you as you travel the world using high-definition forward-motion video with music helping to push you through your journey. All levels. (30 or 45 min) SSC only **CD**

DANCE

Cardio Dance Party A dance fitness class that includes easy, fun moves. Dance styles and music may include hip-hop, pop, Latin, disco and more. Appropriate for all fitness levels. (45 min) SSC only **CD**

LaBlast® An exciting, fun, partner-free dance fitness program. Burn calories and fat while learning ballroom dance moves. All fitness levels. (35 and 45 min) AC and CG only **CD**

LaBlast® and Tone A fun, partner-free dance fitness program using light weights. Burn calories, burn fat and sculpt muscles while learning ballroom dance moves. All fitness levels. (45 min) AC and SSC only **CD ST**

Zumba® A fitness party workout that includes exciting and unique Latin rhythms and moves. Appropriate for all fitness levels. (45 min) **CD**

HITT

HIIT Plus This high intensity interval class will use light weights and cardio exercises to kick start metabolism and increase the calorie burning process PLUS core work and stretches at the end of the workout. (45 min) SSC only **CD ST**

Insanity™ A multi-level cardio class, based on max interval training. Athletic/plyometric drills mixed with intervals of power, resistance, core and strength training. All levels of each exercise are provided. (45 min) **CD ST**

Tabata High-Intensity interval training cardio class following the Tabata principle of a 20-second work interval followed by 10 seconds of rest. This class provides cardio, speed, agility and core training. (30 min) CG only **CD**

MIND BODY

Aqua Yoga Enhance physical, mental, and emotional health with yoga while warm water offers your body support. All levels. (45 min) AC only **MB**

Barre Pilates A non-impact blend of Mat Pilates and Barre Movement, focusing on building strength, increasing muscle tone, and improving flexibility. (45 min) CG only **MB ST**

Community Tai Chi Ancient Chinese martial art that blends various postures and flowing movements to enhance the flow of the body's internal energy. All levels. Free to members. \$7 for Columbia Card holders. AC only **MB**

Flow Yoga Vinyasa style of yoga that stretches and strengthens the body. This dynamic practice cultivates presence by connecting movement with breath. All levels welcome. (60 min) **MB**

Mat Pilates This inspiring and uplifting class will lengthen and strengthen your body, especially your core. All levels. (45 min) AC only **MB ST**

Pilates Reformer Group Apply the Pilates methodology as performed on the Reformer to lengthen and strengthen your entire body. Focus on breath, form and efficient movement patterns while engaging the core, improving balance and coordination. Varying levels available \$ (55 min) CG only **MB ST**

Virtual QiGong A Chinese practice integrating movement, posture, breathing, and awareness. For all levels. Meeting code will be emailed to you before the class. (60 min) **MB**

Yoga All-level class focusing on static poses to increase flexibility, strength, and endurance. Variations included to enhance the member experience. All levels welcome. (60 min) **MB**

Yoga Sculpt Yoga and Pilates inspired class includes mindful flows, bodyweight training, and cardio components. May include light weights. All levels. (45 min) **MB ST**

STRENGTH TRAINING

Barre Integrated movement and postures from ballet, Pilates, and yoga to lengthen, strengthen, and shape your body. A variety of props such as bands, balls, and weights are used. All levels. (45 min) CG only **MB ST**

Ballet Barre Includes traditional ballet technique plus toning. Learn an easy-to follow full ballet cardio combination while burning calories. All levels. (45 min) CG only **CD MB ST**

BodyPump™ Weight training set to motivating music, using barbells with changeable weights for all fitness levels. Check in 10 minutes before class required. (30 or 45 min) **ST**

Body Sculpt A mix of strength training and core work using weights. Appropriate for all fitness levels. (45 min) SSC only **ST**

Build Your Bones Strength training, balance work and core exercises to benefit the health and safety of your bones. Appropriate for all fitness levels. (45 min) AC only **ST**

Les Mills Core™ Tighten and tone core muscles and improve functional strength for balance, mobility, and injury prevention. Uses body weight and light free weights. All fitness levels welcome. (30 or 45 min) CG and SSC only **ST**

Total Body Barre Strengthen, sculpt, and stretch the entire body using dumbbells and ballet-inspired movements without a barre. May include cardio elements such as boxing. For all levels. (45 min) **CD ST**

Class type: **CD** Cardio **ST** Strength **MB** Mind/Body