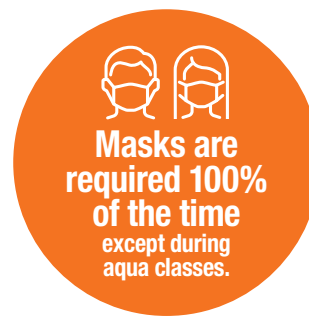


Mind Body Fitness Schedule



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. **Please bring whatever you may need such as a water bottle, mat, all yoga props.** Please be in the studio two minutes before all other classes or your space may be given away. For safety and courtesy, refrain from entering class once it has started. Questions? Email Group.Fitness@ColumbiaAssociation.org.

* NEW Registration procedures:

All classes require preregistration. Preregister online, in person, or by calling Columbia Athletic Club, 410-730-6744, Columbia Gym, 410-531-0800 or Supreme Sports Club, 410-381-5355. **CA Fit&Play, Golf Fit&Play** may register **48** hours in advance. **1Fit** members may register for classes at their club **24** hours in advance. **\$** Fee based class, purchase class package or drop in class at front desk, Intro Reformer (30 min) for first time participants only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am Barre Pilates CG *	NEW 9:30am Reformer Lvl. 1/2 CG *\$ (begins 5/11)	NEW 9:30am Mat Pilates CG *	10:30am Virtual Qigong AC *	NEW 10:30am Reformer Lvl. 1/2 CG *\$ (begins 5/14)	NEW 8:45am Intro Reformer CG * (last Sat of month only)
10:30am Yoga AC *	10:30am Yoga AC *	NEW 9:30am Reformer Lvl. 1 CG *\$ (begins 5/12)	10:45am Yoga CG *	10:30am Yoga AC *	9:15am Flow Yoga SSC *
NEW 10:45am Flow Yoga SSC *	10:45am Yoga CG *	9:30am Yoga Sculpt SSC *	6pm Yoga CG *	NEW 10:45am Flow Yoga SSC *	9:30am Yoga AC *
6pm Yoga AC *	5:30pm Yoga Sculpt CG *	10:30am Yoga AC *	7:30pm Yoga Sculpt SSC *	NEW 11:30pm Barre Pilates CG *	NEW 9:30am Reformer Lvl. 1 CG *\$ (begins 5/8)
NEW TIME 6:00pm Yoga CG *	6pm Flow Yoga AC *	NEW 5:30pm Reformer Lvl. 1 CG *\$ (begins 5/12)	7:35pm Yoga Sculpt AC *	6pm Yoga CG *	10:45am Yoga CG *
6:15pm Flow Yoga SSC *	6:15pm Flow Yoga SSC *	6:15pm Yoga SSC *			SUNDAY
		NEW 6:30pm Mat Pilates CG *			8:30am Yoga CG *
					NEW 8:45am Reformer Lvl. 1 CG *\$ (begins 5/9)
					9:00am Yoga AC *
					9:45am Flow Yoga CG *
					11:30am Yoga Sculpt AC *