

# Supreme Sports Club 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](mailto:Group.Fitness@ColumbiaAssociation.org). *Schedule subject to change.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30am</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>5:30am</b> <b>Les Mills Core™</b> (30 min) <b>ST 1 *</b>	<b>8:00am</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>5:45am</b> <b>MyCycle</b> (45 min) <b>CD 2 *</b>	<b>NEW</b> <b>5:30am</b> <b>BodyPump™</b> (45 min) (begins 4/16) <b>ST 1 *</b>	<b>8:00am</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>9:15am</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>
<b>NEW</b> <b>8:00am</b> <b>Body Sculpt</b> (45 min) <b>ST 1 *</b>	<b>9:30am</b> <b>MyRide</b> (45 min) <b>CD 2 *</b>	<b>9:30am</b> <b>Yoga Sculpt</b> (45 min) <b>MB ST 1 *</b>	<b>9:30am</b> <b>MyRide</b> (45 min) <b>CD 2 *</b>	<b>7:15am</b> <b>BodyPump™</b> (30 min) (ends 4/9) <b>ST 1 *</b>	<b>9:15am</b> <b>Flow Yoga</b> (60 min) <b>MB Y *</b>	<b>9:30am</b> <b>MyCycle</b> (45 min) <b>CD 2 *</b>
<b>9:30am</b> <b>LaBlast™ and Tone</b> (45 min) <b>CD ST A *</b>	<b>NEW</b> <b>10:45am</b> <b>Body Sculpt</b> (45 min) <b>ST 1 *</b>	<b>NEW</b> <b>10:45am</b> <b>HIIT Plus</b> (45 min) <b>CD ST A *</b>	<b>10:30pm</b> <b>Virtual Qigong</b> (60 min) <b>MB * V</b>	<b>8:00am</b> <b>Les Mills Core™</b> (30 min) (ends 4/9) <b>ST 1 *</b>	<b>9:15am</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>10:30am</b> <b>Body Combat™</b> (45 min) <b>CD A *</b>
<b>NEW</b> <b>10:45am</b> <b>Flow Yoga</b> (60 min) <b>MB Y *</b>	<b>5:15pm</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>NEW TIME</b> <b>5:45pm</b> <b>MyMusic</b> (45 min) <b>CD 2 *</b>	<b>NEW</b> <b>10:45am</b> <b>Les Mills Core™</b> (30 min) <b>ST 1 *</b>	<b>NEW</b> <b>8:45am</b> <b>HIIT Plus</b> (45 min) <b>CD ST 1 *</b>	<b>9:30am</b> <b>MyRide</b> (45 min) <b>CD 2 *</b>	
<b>NEW TIME &amp; LENGTH</b> <b>5:15pm</b> <b>Athletic Step</b> (45 min) <b>CD A *</b>	<b>5:45pm</b> <b>MyRide</b> (45 min) <b>CD 2 *</b>	<b>NEW TIME &amp; LENGTH</b> <b>6:00pm</b> <b>Cardio Dance Party</b> (45 min) <b>CD A *</b>	<b>5:30pm</b> <b>Body Combat™</b> (45 min) <b>CD A *</b>	<b>9:30am</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>NEW</b> <b>10:15am</b> <b>Body Sculpt</b> (45 min) <b>ST 1 *</b>	
<b>NEW</b> <b>5:30pm</b> <b>HIIT Plus</b> (45 min) <b>CD ST 1 *</b>	<b>6:15pm</b> <b>Flow Yoga</b> (60 min) <b>MB Y *</b>	<b>6:15pm</b> <b>Yoga</b> (60 min) <b>MB Y *</b>	<b>5:45pm</b> <b>MyMusic</b> (45 min) <b>CD 2 *</b>	<b>NEW</b> <b>10:45am</b> <b>Flow Yoga</b> (60 min) <b>MB Y *</b>	<b>10:30am</b> <b>Tae Bo</b> (45 min) <b>CD A *</b>	
<b>6:15pm</b> <b>Flow Yoga</b> (60 min) <b>MB Y *</b>	<b>6:15pm</b> <b>Les Mills Core™</b> (30 min) <b>ST 1 *</b>	<b>NEW TIME</b> <b>7:00pm</b> <b>Body Sculpt</b> (45 min) <b>ST 1 *</b>	<b>NEW LENGTH</b> <b>6:30pm</b> <b>Zumba®</b> (45 min) <b>CD A *</b>	<b>NEW</b> <b>10:45am</b> <b>Total Body Barre</b> (45 min) <b>CD ST 1 *</b>	<b>12:00pm</b> <b>Zumba®</b> (45 min) <b>CD A *</b>	
<b>6:30pm</b> <b>BodyPump™</b> (45 min) <b>ST 1 *</b>	<b>6:45pm</b> <b>MyRide</b> (30 min) <b>CD 2 *</b>		<b>7:30pm</b> <b>Yoga Sculpt</b> (45 min) <b>MB ST 1 *</b>	<b>5:30pm</b> <b>BodyPump™</b> (30 min) <b>ST 1 *</b>		
	<b>7:00pm</b> <b>Body Combat™</b> (45 min) <b>CD A *</b>			<b>6:15pm</b> <b>Les Mills Core™</b> (30 min) <b>ST 1 *</b>		

**\* NEW Registration procedures:**

**All classes require preregistration.** Preregister online, in person, or by calling Supreme Sports Club, 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.

**Class location**

- 1 Studio 1
- 2 Studio 2 (Cycle)
- A Arena
- Y Yoga 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.