



1Fit

CA membership **Resource
Guide**



CA

MISSION

Engage our diverse community, cultivate a unique sense of place and enhance quality of life.

VISION

CA creates and supports solutions to meet the evolving needs of a dynamic and inclusive community.



We couldn't be happier to welcome you to CA. Signing up is the first step to reaching your health and wellness goals — now it's time to embrace all of the support CA can provide with our one-of-a-kind programs, amenities, equipment and team members. Remember, you are stronger than you think, and you have a community behind you cheering you on every step of the way!

Dan Burns
Director of Sport & Fitness



When you have a 1Fit membership, you have access to everything within the particular club you choose to join. For more membership information, visit ColumbiaAssociation.org/membership and click on "Membership Information."

1Fit member benefits

Athletic Club

Membership to this fitness club gives you access to:

Hot water therapy recreational pool

Men's and women's sauna

Four racquetball courts

Squash court

Hundreds of pieces of cardiovascular and Cybex strength equipment

Tons of free weights and resistance strength equipment

Tribe Team small group training studio

Group fitness classes like Les Mills™, Aqua, Yoga, Barre, HIIT, Zumba® and more

Studio cycling studio

Hot tub

Boxing studio

KidSpace for children 6 weeks to 13 years (fee required)

One electronic pass for a guest visit each month

Columbia Gym

Membership to this fitness club gives you access to:

Hundreds of pieces of cardiovascular and Cybex strength equipment

Tons of free weights and resistance strength equipment

Reformer Pilates Studio (fee required)

Tribe Team small group training studio

Group fitness classes like Les Mills™, Aqua, Yoga, Barre, Pilates, HIIT, Zumba® and more

Four-lane 25-yard indoor pool with zero-depth entrance in the children's area, sunning patio and hot tub

Martial Arts Program

Adult arena for basketball

Youth arena, internet café and conference room

KidSpace for children 6 weeks to 13 years (fee required)

Women's-only workout area

One electronic pass for a guest visit each month

Supreme Sports Club

Membership to this fitness club gives you access to:

Three-lane indoor track (1/10 mile)

Hundreds of pieces of cardiovascular and strength equipment

Tons of free weights and resistance strength equipment

Tribe Team small group training studio

Six racquetball courts

Group fitness classes like Les Mills™, Yoga, Barre, HIIT, Zumba® and more

MyRide® Cycle Studio

Three basketball courts (divided by curtains)

Two volleyball courts

Eight-lane, 25-yard indoor pool, wading pool and hot tub

Skate Arena inline/roller skating (regular/inline skate rental fee required)

Four locker rooms, each with sauna

KidSpace for children 6 weeks to 13 years (fee required) including three separate areas for age-appropriate activities

Women's-only workout area

One electronic pass for a guest visit each month



Beyond the club

CA is more than just a fitness club and with your membership you can explore outside the club and receive discounted prices on admission, programs and services in our many facilities:

Free Outdoor activities

94 miles of pathway and three man-made lakes (Lake Elkhorn, Lake Kittamaquidi and Wilde Lake). For more information, visit ColumbiaAssociation.org/OpenSpace. Summer Lakefront festivals, visit ColumbiaAssociation.org/events for up to date information.

Public Golf Course

Fairway Hills plays just a bit more than 6,000 yards and features a driving range with 23 range tees, a putting green, a practice sand trap, a pro shop, lessons and leagues. For more information, visit ColumbiaAssociation.org/Golf.

Family Recreation

23 outdoor pools and indoor swim center facilities. For more information, visit ColumbiaAssociation.org/Pool.

Mini-golf and batting cages at CA's SportsPark. For more information, visit ColumbiaAssociation.org/SportsPark.

Columbia Ice Rink has great options for skaters of all ages and abilities. Public skate sessions occur daily, and skate rentals are always available (open from August to June). For more information, visit ColumbiaAssociation.org/IceRink.

Columbia Skate Arena welcomes skaters of all ages to enjoy 12,658 square feet of pure maple wood. The brightly lit arena also has a state-of-the-art sound system playing the perfect music mix and a club-style light show during open skate. For more information, visit ColumbiaAssociation.org/Supreme.

Tennis and Pickleball

With a variety of programs, 37 available courts and 6 outdoor pickleball courts, CA's tennis program has options to suit every age and experience level. There are programs for adult beginners, group tennis training, junior programs and even USTA Team Tennis Leagues. For more information, visit ColumbiaAssociation.org/Tennis.

Columbia Art Center

Columbia Art Center offers year-round art classes, rotating gallery exhibitions, a gallery gift shop, summer art camp for children, art birthday parties, studio rentals, a Japanese Garden, art and life enhancement lectures and more! For more information, visit ColumbiaArtCenter.org.

School Age Services

Before and After School continues offering on-site childcare at Howard County Public Schools. For more information, visit ColumbiaAssociation.org/SAS.

Youth and teen Programs, visit ColumbiaAssociation.org/YTC.

Summer camps, visit ColumbiaAssociation.org/Camps.

Community Associations

Each of Columbia's 10 villages has a community association, which is an independent, incorporated, nonprofit civic association. Each association elects its own board of directors, as well as a representative to the CA Board of Directors. For more information, visit ColumbiaAssociation.org/Explore-Columbia.



JumpStart Program

Your success is our mission, and CA's team is ready to help new members become quickly and easily oriented with all the facilities and services available. Our **JumpStart program is complimentary** — the team at the fitness club of your choosing will meet with you shortly after you have joined for a coaching session to discover more about your goals so you can get the most out of your membership. Next, you'll have a fitness session with one of our fitness professionals to get started with an intentional, goal-directed action plan. After 30 days, we'll check in on how you're doing with a follow-up session. JumpStart is about making connections based on your needs, who you are and how your fitness goals align with what matters most to you in life. Visit or call the clubs to learn more.

Columbia Athletic Club
410-730-6744

Columbia Gym
410-531-0800

Supreme Sports Club
410-381-5355



Do your part to create a positive fitness experience!

CA's priority is making sure all of our members feel safe, confident and comfortable.

Be kind.

- Share equipment, allowing others to use it during breaks.
- Use headphones while listening to personal devices.

Be aware of your environment.

- Save phone/video conversations for the lobby/waiting areas.
- Secure personal items in a locker.
- Wear functional fitness clothing and appropriate shoes.

Treat the equipment like you own it.

- Sanitize equipment after use.
- Return equipment to its original location.
- Do not drop weights. Only bumper plates may be dropped on lifting platforms.



How to sign up for classes and programs

Taking advantage of CA's group fitness classes and programs is as easy as clicking a button online or on our mobile app. Just visit ColumbiaAssociation.org/login on your computer, or visit the Google Play store or the App Store on your smartphone and search for "Columbia Association."

Online registration instructions

CA members, Columbia Cardholders and non-members can register online, in-person at the facility where the program will be held, or by using computers located at Columbia Athletic Club, Columbia Gym and Supreme Sports Club. For your assistance, a tutorial for creating your online credentials is available at ColumbiaAssociation.org/online-help.

If you have specific questions regarding a class, contact the facility where the class is held. If you have difficulty establishing your account credentials, you can obtain assistance by calling 410-730-1801.



Who do I contact?

Membership questions, billing, renewal and online/mobile app
Customer and Member Service Center
410-730-1801
CMSC@ColumbiaAssociation.org

Facility operation issues or comments, contact the club's front desk
Columbia Athletic Club • 410-730-6744
Columbia Gym • 410-531-0800
Supreme Sports Club • 410-381-5355
ColumbiaAssociation.org/facilities/fitness-clubs

Bad Weather
Sign up for CA's Priority Notifications at ColumbiaAssociation.org/notify or call the Inclement Weather Hotline at 410-715-3154.

Stay up-to-date on social media
Facebook.com/ColumbiaAssnFit
Instagram.com/ColumbiaAssn
Twitter.com/ColumbiaAssnFit