

# Indoor Aqua Fitness Schedule



Effective **September 7, 2021**. Visit clubs or go to [ColumbiaAssociation.org/fitnessschedules](https://ColumbiaAssociation.org/fitnessschedules) for updated information. Check-in required five minutes before classes. Members must be at least 14 years old to participate in group fitness classes. Members age 11-13 may attend group fitness classes only if they are accompanied by a parent or guardian during the entire class. Space is limited. For aqua spin classes, please bring your own aqua shoes and arrive 10 minutes early for proper bike setup. Name of instructor provided on web site class registration page. Schedule and instructor subject to change without notice. For safety and courtesy, refrain from entering class once it has started. Please be on the pool deck at least two minutes before class or your space may be given away. Questions? Email [Group.Fitness@ColumbiaAssociation.org](mailto:Group.Fitness@ColumbiaAssociation.org).

## \* NEW Registration procedures:

**All classes require preregistration.** Preregister online, in person, or by calling Columbia Gym, 410-531-0800 or Columbia Swim Center, 410-730-7000. **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.

**SSC 1Fit and AC 1Fit may register 24 hours in advance for aqua fitness classes at Columbia Gym and Columbia Swim Center.** See reopening FAQ's for fitness clubs and aquatics for detailed registration information including information for Play members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00am</b> Aqua Combo (45 min) SWC *	<b>NEW LENGTH</b> <b>8:00am</b> Aqua Combo (55 min) SWC *	<b>8:00am</b> Aqua Combo (45 min) SWC *	<b>NEW LENGTH</b> <b>8:00am</b> Aqua Combo (55 min) SWC *	<b>8:00am</b> Aqua Combo (45 min) SWC *	<b>NEW</b> <b>9:30am</b> Aqua Spin (45 min) CG *	<b>9:00am</b> Aqua Combo (45 min) SWC *
<b>9:30am</b> Aqua Arthritis (45 min) AC *	<b>NEW</b> <b>9:30am</b> Aqua Fitness (55 min) CG *	<b>NEW LENGTH</b> <b>9:30am</b> Aqua Fitness (55 min) CG *	<b>9:30am</b> Aqua Arthritis (45 min) AC *	<b>9:30am</b> Aqua Spin (45 min) CG *	<b>NEW</b> <b>9:00am</b> Aqua Combo (55 min) SWC *	
<b>9:30am</b> Aqua Spin (45 min) CG *	<b>6:30pm</b> Aqua Arthritis (45 min) AC *	<b>9:30am</b> Aqua Yoga (45 min) AC *	<b>NEW</b> <b>9:30am</b> Aqua Fusion (45 min) CG *	<b>5:30pm</b> Aqua Arthritis (45 min) AC *	<b>NEW</b> <b>10:30am</b> Aqua Fitness (45 min) CG *	
<b>NEW LENGTH</b> <b>6:30pm</b> Aqua Fitness (55 min) CG *	<b>NEW LENGTH</b> <b>6:30pm</b> Aqua Fitness (55 min) CG *	<b>6:30pm</b> Aqua Spin (45 min) CG *	<b>NEW FORMAT</b> <b>6:30pm</b> Aqua Fitness (55 min) CG *	<b>6:30pm</b> Aqua Spin (45 min) CG *	<b>11:00am</b> Aqua Arthritis (45 min) AC *	