

# Columbia Gym Group Fitness Classes



Updated and effective **September 7, 2021**. **All classes require preregistration** (see box below). Schedule and instructor may change without notice. Members age 11-13 may attend group fitness classes only if they are accompanied by a parent or legal guardian during the entire class. 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. **Shoes are required in all classes except Yoga, Barre, Yoga Sculpt 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>9:30am</b> Aqua Spin (45 min) CD P *	<b>NEW</b> <b>9:30am</b> Aqua Fitness (55 min) CD ST P *	<b>NEW LENGTH</b> <b>5:30am</b> BodyPump™ (60 min) ST 1 *	<b>NEW</b> <b>9:30am</b> Aerial Yoga Intro (65 min) (9/9, 9/16, 9/30 only) MB 1 * \$	<b>5:30am</b> Les Mills Core™ (30 min) ST 1 *	<b>NEW LENGTH</b> <b>7:00am</b> BodyPump™ (60 min) ST 1 *	<b>8:30am</b> Reformer Lvl. 1 (55 min) MB ST PS * \$
<b>9:30am</b> Barre Pilates (45 min) MB ST 3 *	<b>NEW LENGTH</b> <b>9:30am</b> BodyCombat™ (60 min) CD A *	<b>NEW LENGTH</b> <b>9:30am</b> Aqua Fitness (55 min) CD ST P *	<b>NEW</b> <b>9:30am</b> Aqua Fusion (45 min) CD ST P *	<b>NEW LENGTH</b> <b>8:00am</b> BodyPump™ (60 min) ST 1 *	<b>8:00am</b> Barre (45 min) ST 3 *	<b>8:30am</b> Yoga (60 min) MB 3 *
<b>9:45am</b> MyCycle (45 min) CD 2 *	<b>9:30am</b> Reformer Lvl. 1/2 (55 min) MB ST PS * \$	<b>9:30am</b> Mat Pilates (45 min) MB ST 1 *	<b>NEW</b> <b>9:30am</b> BodyCombat™ (60 min) CD A *	<b>NEW TIME &amp; LOCATION</b> <b>9:15am</b> Athletic Step (45 min) CD 1 *	<b>8:15am</b> BodyCombat™ (45 min) CD A *	<b>9:30am</b> Cardio Dance Party (45 min) CD A *
<b>10:30am</b> BodyPump™ (45 min) ST 1 *	<b>NEW</b> <b>9:45am</b> Zumba® (45 min) CD 1 *	<b>10:30am</b> BodyPump™ (45 min) ST 1 *	<b>NEW LENGTH</b> <b>9:30am</b> BodyCombat™ (60 min) CD A *	<b>9:30am</b> Aqua Spin (45 min) CD P *	<b>8:30am</b> MyCycle (45 min) CD 2 *	<b>9:45am</b> Flow Yoga (60 min) MB 3 *
<b>NEW</b> <b>10:30am</b> Reformer Lvl. 1 (55 min) MB ST PS * \$	<b>10:45am</b> Yoga (60 min) MB 3 *	<b>10:30am</b> Reformer Lvl. 1 (55 min) MB ST PS * \$	<b>10:45am</b> Flow Yoga (60 min) MB 3 *	<b>9:30am</b> Barre Pilates (45 min) MB ST 3 *	<b>8:45am</b> Intro Reformer (30 min) (last Sat of month) MB ST PS *	<b>NEW LENGTH</b> <b>10:45am</b> BodyPump™ (60 min) ST 1 *
<b>11:30am</b> Les Mills Core™ (30 min) ST 1 *	<b>12:00pm</b> BodyPump™ (45 min) ST 1 *	<b>12:00pm</b> MyCycle (45 min) CD 2 *	<b>12:00pm</b> Body Sculpt (45 min) ST 1 *	<b>NEW</b> <b>10:30am</b> Body Sculpt (45 min) ST 1 *	<b>9:15am</b> Les Mills Core™ (30 min) ST 1 *	<b>NEW LENGTH</b> <b>11:00am</b> Ballet Barre (60 min) CD ST 3 *
<b>5:30pm</b> BodyPump™ (45 min) ST 1 *	<b>5:15pm</b> Reformer Lvl. 2/3 (55 min) MB ST PS * \$	<b>6:30pm</b> Aqua Spin (45 min) CD P *	<b>6:00pm</b> Yoga (60 min) MB 3 *	<b>10:30am</b> Reformer Lvl. 1/2 (55 min) MB ST PS * \$	<b>NEW 9:30am</b> Aqua Spin (45 min) CD P *	
<b>6:00pm</b> Yoga (60 min) MB 3 *	<b>NEW TIME</b> <b>6:00pm</b> Yoga Sculpt (45 min) MB ST 1 *	<b>6:30pm</b> Mat Pilates (45 min) MB ST 3 *	<b>6:15pm</b> MyCycle (45 min) CD 2 *	<b>6:00pm</b> Yoga (60 min) MB 3 *	<b>9:30am</b> Reformer Lvl. 1 (55 min) MB ST 3 * \$	
<b>NEW LENGTH</b> <b>6:30pm</b> Aqua Fitness (55 min) CD ST P *	<b>NEW LENGTH</b> <b>6:30pm</b> Aqua Fitness (55 min) CD ST P *	<b>6:45pm</b> BodyPump™ (45 min) ST 1 *	<b>NEW FORMAT</b> <b>6:30pm</b> Aqua Fitness (55 min) CD ST P *	<b>6:30pm</b> Yoga (60 min) MB 3 *	<b>NEW 10:30am</b> Aerial Yoga Intro (65 min) MB 1 * \$	
<b>NEW LENGTH</b> <b>6:30pm</b> Les Mills Core™ (30 min) ST 1 *	<b>NEW LENGTH</b> <b>6:30pm</b> Aqua Fitness (55 min) CD ST P *		<b>NEW TIME</b> <b>7:15pm</b> Barre (45 min) ST 3 *	<b>6:30pm</b> Aqua Spin (45 min) CD P *	<b>NEW 10:30am</b> Aqua Fitness (45 min) CD ST P *	
<b>7:15pm</b> Ballet Barre (45 min) CD ST 3 *	<b>6:45pm</b> LaBlast® (45 min) CD A *				<b>10:45am</b> Flow Yoga (30 min) MB 3 *	
	<b>NEW</b> <b>7:00pm</b> BodyCombat™ (45 min) CD 1 *					

**\* NEW Registration procedures:**

All classes except those in the arena require preregistration. Preregister online in person, or by calling Columbia Gym, 410-531-0800.

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)
- 3 Studio 3
- YA Youth Arena
- A Adult Arena
- P Pool
- PS Pilates Studio

**Class type**

- CD Cardio
- ST Strength
- MB Mind/Body