

Columbia Athletic Club 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. *Schedule subject to change.*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|---|
| 6:00am Basic Training (60 min) CD ST * | 5:45am MyCycle (45 min) CD C * | 6:00am Basic Training (60 min) CD ST * | NEW LENGTH 5:45am BodyPump™ (60 min) ST 1 * | NEW 5:45am MyCycle (45 min) CD C * | 8:00am Insanity™ (45 min) CD ST 1 * | 8:15am LaBlast® (45 min) CD 1 * |
| 9:30am Aqua Arthritis (45 min) ST P * | NEW 9:30am Cardio Tone (45 min) CD ST 1 * | 9:30am Aqua Yoga (45 min) MB P * | 9:30am Aqua Arthritis (45 min) ST P * | 6:00am Basic Training (60 min) CD ST * | NEW LENGTH 9:15am LaBlast® and Tone (55 min) CD ST 1 * | NEW LENGTH 9:15am BodyPump™ (60 min) ST 1 * |
| 9:30am Body Sculpt (45 min) ST 1 * | 10:30am Yoga (60 min) MB 2 * | 10:30am Yoga (60 min) MB 2 * | 10:00am MyCycle (45 min) CD C * | NEW TIME 9:30am LaBlast® and Tone (45 min) CD ST 1 * | NEW TIME 9:15am MyMusic (45 min) CD C * | 9:30am MyMusic (45 min) CD C * |
| 10:30am Yoga (60 min) MB 2 * | NEW 10:45am BodyPump (45 min) ST 1 * | 10:45am LaBlast® (45 min) CD 1 * | NEW 10:30am Qigong (60 min) MB 2 * | 9:30am MyMusic (45 min) CD C * | 9:30am Yoga (60 min) MB 2 * | 9:30am Yoga (60 min) MB 2 * |
| 10:45am Cardio Tone (45 min) CD ST 1 * | NEW TIME 12:00pm Build Your Bones (45 min) ST 1 * | NEW 12:00pm Joints in Motion (45 min) ST 1 * | 10:45am LaBlast® (45 min) CD 1 * | 10:30am Yoga (60 min) MB 2 * | 10:30am BodyPump™ (45 min) ST 1 * | 10:30am Athletic Step (45 min) CD 1 * |
| NEW 6:00pm MyMusic (45 min) CD C * | 5:15pm Athletic Step (45 min) CD 1 * | 6:00pm MyCycle (45 min) CD C * | 12:00pm Build Your Bones (45 min) ST 1 * | NEW TIME 12:00pm Fit Essentials (45 min) CD ST 1 * | 11:00am Aqua Arthritis (45 min) ST P * | 11:00am Community Tai Chi* (60 min) MB 2 * |
| 6:00pm Yoga (60 min) MB 2 * | 6:00pm Flow Yoga (60 min) MB 2 * | 6:30pm Total Body Barre (45 min) CD ST 1 * | 6:35pm BodyPump™ (45 min) ST 1 * | 5:30pm Aqua Arthritis (45 min) ST P * | NEW 11:30am Body Sculpt (45 min) ST 1 * | |
| 6:30pm Kickboxing (45 min) CD 1 * | 6:30pm Aqua Arthritis (45 min) ST P * | 7:30pm Zumba® (45 min) CD 1 * | 7:35pm Yoga Sculpt (45 min) ST MB 1 * | 5:30pm MyMusic (45 min) CD C * | | |
| 7:30pm Total Body Barre (45 min) CD ST 1 * | NEW LENGTH 6:30pm BodyPump™ (60 min) ST 1 * | | | | | |

*** NEW Registration procedures:**

All classes require preregistration. Preregister online, in person, or by calling Columbia Athletic Club, 410-730-6744.

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.

*Community class: Free to members, registration begins 48 hours in advance; \$7 for Columbia Cardholders and non-members, registration begins 24 hours in advance by calling the Columbia Athletic Club front desk, 410-730-6744.

Class location

- 1 Studio 1
- 2 Studio 2 (Yoga)
- C Cycle Studio
- P Pool

Class type

- CD Cardio
- ST Strength
- MB Mind/Body