

# CACycle DO WHAT MOVES YOU



Updated and effective **September 7, 2021**. Visit clubs or go to [ColumbiaAssociation.org/fitnessschedules](https://ColumbiaAssociation.org/fitnessschedules) for updated information. 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. **Please bring a water bottle.** Please be in the studio two minutes before class begins 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 the club of your choice.  
**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.

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	● 9:45am MyCycle (45 min) CG	● 5:45am MyCycle (45 min) AC		● 5:45am MyCycle (45 min) SSC	● NEW 5:45am MyCycle (45 min) AC	● 8:30am MyCycle (45 min) CG	● 9:30am MyCycle (45 min) SSC
		● 9:30am MyRide® (45 min) SSC		● 9:30am MyRide® (45 min) SSC	● 9:30am MyMusic (45 min) AC	● NEW TIME 9:15am MyMusic (45 min) AC	● 9:30am MyMusic (45 min) AC
				● 10:00am MyCycle (45 min) AC		● 9:30am MyRide® (45 min) SSC	
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	● 5:45pm MyMusic (45 min) SSC	● 5:45pm MyRide® (45 min) SSC	● 12:00pm MyCycle (45 min) CG	● 5:45pm MyMusic (45 min) SSC	● 5:30pm MyMusic (45 min) AC		
	● NEW 6:00pm MyMusic (45 min) AC	● 6:45pm MyRide® (30 min) SSC	● 5:45pm MyMusic (45 min) SSC	● 6:15pm MyCycle (45 min) CG			
			● 6:00pm MyCycle (45 min) AC				

Class type: ● MyCycle ● MyRide ● MyMusic

AC Columbia Athletic Club, 410-730-6744 • CG Columbia Gym, 410-531-0800 • SSC Supreme Sports Club, 410-381-5355

Did you know CA offers Aqua Spin classes at Columbia Gym? For more information, email [Group.Fitness@ColumbiaAssociation.org](mailto:Group.Fitness@ColumbiaAssociation.org) or call Columbia Gym.