

POP-UP FRIDAY FITNESS PARTIES

FRIDAYS • 6PM

ROTATES BETWEEN THE THREE FITNESS CLUBS

Rev up your workout and sample some new and exciting fitness classes every Friday night! Schedule rotates between the three fitness clubs. All fitness levels are welcome.

Classes are free and open to all CA members. Pre-registration is required and can be done on the app or at ColumbiaAssociation.org/login.

SUPREME SPORTS CLUB

September 10
Outdoor Sound Off Yoga
with Linda

October 1
Pound Rockout workout
with Rachel

October 22
Cardio Dance Party
with Tavia and Kristy

November 12
MyCycleStrength
with Vikki and Sara

COLUMBIA ATHLETIC CLUB

September 17
Strong Nation
with Colleen

October 8
LaBlast and Line Dance
with Megan and Gizelle

October 29
Yoga Nidra with Suangela

November 19
Kickboxing with Aya

COLUMBIA GYM

September 24
Chair/Mat Pilates
with Vicki

October 15
BodyCombat and
HIIT Mashup with Brittany

November 5
MyCycleBarre with Jillian

**Schedules are subject to change.*