

# Mind Body Fitness Schedule



Updated and effective **September 7, 2021**. **All classes require preregistration** (see box below). Schedule and instructor may change without notice. Class size is limited to allow for physical distancing. Walk-in on a space available basis only; check at the front desk. Reformer registration begins one week prior to class. Members and team members will be asked to clean any equipment used. **Yoga props are provided. Please bring a water bottle.** Please be in the studio two minutes before all other classes or your space may be given away. For safety and courtesy, refrain from entering class once it has started. 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 Athletic Club, 410-730-6744, Columbia Gym, 410-531-0800 or Supreme Sports Club, 410-381-5355. **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. **\$** Fee based class, purchase class package or drop in class at front desk, Intro Reformer (30 min) for first time participants only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am Barre Pilates CG *	9:30am Reformer Lvl. 1/2 CG *\$	9:30am Mat Pilates CG *	<b>NEW</b> 9:30am Aerial Yoga Intro CG *\$ <i>(9/9, 9/16, 9/30 only)</i>	9:30am Barre Pilates CG *	8:45am Intro Reformer CG * <i>(last Sat of month only)</i>	8:30am Reformer Lvl. 1 CG *\$
<b>NEW</b> 10:30am Reformer Lvl. 1 CG *\$	10:30am Yoga AC *	9:30am Yoga Sculpt SSC *	<b>NEW</b> 10:30am Qigong AC *	10:30am Reformer Lvl. 1/2 CG *\$	9:15am Flow Yoga SSC *	8:30am Yoga CG *
10:30am Yoga AC *	10:45am Yoga CG *	10:30am Reformer Lvl. 1 CG *\$	<b>NEW</b> 10:30am Yoga SSC *	10:30am Yoga AC *	9:30am Reformer Lvl. 1 CG *\$	9:30am Yoga AC *
10:45am Flow Yoga SSC *	5:15pm Reformer Lvl. 2/3 CG *\$	10:30am Yoga AC *	<b>NEW</b> 10:45am Flow Yoga CG *	<b>NEW</b> 10:45am Restorative Yoga SSC *	9:30am Yoga AC *	9:45am Flow Yoga CG *
6:00pm Yoga AC *	6:00pm Flow Yoga AC *	<b>NEW</b> 5:00pm Yoga SSC *	10:45am Flow Yoga CG *	6:00pm Yoga CG *	<b>NEW</b> 10:30am Aerial Yoga Intro CG *\$	<b>NEW</b> 5:30pm Yoga SSC *
6:00pm Yoga CG *	6:00pm Yoga Sculpt CG *	6:15pm Yoga SSC *	6:00pm Yoga CG *			
6:15pm Flow Yoga SSC *	6:15pm Flow Yoga SSC *	6:30pm Mat Pilates CG *	7:30pm Yoga Sculpt SSC *		<b>NEW</b> 10:30am Yoga SSC *	
			7:35pm Yoga Sculpt AC *		10:45am Flow Yoga CG *	