

Supreme Sports 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
5:30am BodyPump™ (45 min) ST 1 * NEW FORMAT 8:00am BodyPump™ (45 min) ST 1 * NEW LOCATION 9:30am LaBlast® and Tone (45 min) CD ST 1 * 10:45am Flow Yoga (60 min) MB Y * NEW TIME & LOCATION 5:15pm Total Body Barre (45 min) CD ST Y * NEW TIME & LOCATION 5:30pm Athletic Step (45 min) CD 1 * 5:45pm MyMusic (45 min) CD 2 * NEW 6:00pm Zumba® (45 min) CD A * 6:15pm Flow Yoga (60 min) MB Y * 6:30pm BodyPump™ (45 min) ST 1 *	5:30am Les Mills Core™ (30 min) ST 1 * 9:30am MyRide (45 min) CD 2 * 10:45am Body Sculpt (45 min) ST 1 * 5:15pm BodyPump™ (45 min) ST 1 * 5:45pm MyRide (45 min) CD 2 * 6:15pm Flow Yoga (60 min) MB Y * NEW 6:15pm Les Mills Core™ (30 min) ST 1 * 6:45pm MyRide (30 min) CD 2 * NEW 7:00pm HIIT Plus (45 min) CD ST A * NEW LENGTH 7:30pm BodyPump™ (60 min) ST 1 *	8:00am BodyPump™ (45 min) ST 1 * 9:30am Yoga Sculpt (45 min) MB ST 1 * NEW TIME & LOCATION 10:30am HIIT Plus (45 min) CD ST 1 * NEW 5:00pm Yoga (60 min) MB Y * NEW LENGTH 5:30pm BodyPump™ (60 min) ST 1 * 5:45pm MyMusic (45 min) CD 2 * 6:00pm Cardio Dance Party (45 min) CD A * 6:15pm Yoga (60 min) MB Y * 7:00pm Body Sculpt (45 min) ST 1 *	5:45am MyCycle (45 min) CD 2 * 9:30am MyRide (45 min) CD 2 * NEW 10:30am Yoga (60 min) MB Y * 10:45am Les Mills Core™ (30 min) ST 1 * NEW LOCATION 5:30pm BodyCombat™ (45 min) CD 1 * 5:45pm MyMusic (45 min) CD 2 * NEW 6:30pm Total Body Barre (45 min) CD ST 1 * NEW 7:00pm Tae Bo® (45 min) CD A * NEW 7:30pm Yoga Sculpt (45 min) MB ST 1 *	5:30am BodyPump™ (45 min) ST 1 * NEW LENGTH & LOCATION 8:45am HIIT Plus (30 min) CD ST 1 * 9:30am BodyPump™ (45 min) ST 1 * NEW 10:45am Restorative Yoga (60 min) MB Y * 10:45am Total Body Barre (45 min) CD ST 1 * 5:30pm BodyPump™ (30 min) ST 1 * 6:15pm Les Mills Core™ (30 min) ST 1 *	NEW LENGTH 8:00am BodyPump™ (60 min) ST 1 * 9:15am BodyPump™ (45 min) ST 1 * 9:15am Flow Yoga (60 min) MB Y * 9:30am MyRide (45 min) CD 2 * 10:15am Body Sculpt (45 min) ST 1 * NEW LENGTH 10:30am Tae Bo® (55 min) CD A * NEW 10:30am Yoga (60 min) MB Y * 12:00pm Zumba® (45 min) CD A *	9:15am BodyPump™ (45 min) ST 1 * 9:30am MyCycle (45 min) CD 2 * NEW LOCATION 10:30am Body Combat™ (45 min) CD 1 * NEW 5:30pm Yoga (60 min) MB Y *

*** NEW Registration procedures:**

All classes except those in the arena require **preregistration**. Preregister online, in person, or by calling Supreme Sports Club, 410-381-5355. **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)
- A Arena
- Y Yoga Studio
- P Pool

Class type

- CD Cardio
- ST Strength
- MB Mind/Body