

Columbia Athletic Club Group Fitness Classes



Updated and effective **October 1, 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 *	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 *
NEW 9:15am Mat Pilates (45 min) MB ST 2 *	NEW 9:30am Cardio Tone (45 min) CD ST 1 *	NEW 9:30am BodyPump™ (45 min) ST 1 *	9:30am Aqua Arthritis (45 min) ST P *	6:00am Basic Training (60 min) CD ST *	9:15am LaBlast® and Tone (55 min) CD ST 1 *	9:15am BodyPump™ (60 min) ST 1 *
9:30am Aqua Arthritis (45 min) ST P *	10:30am Yoga (60 min) MB 2 *	9:30am Aqua Yoga (45 min) MB P *	10:00am MyCycle (45 min) CD C *	9:30am LaBlast® and Tone (45 min) CD ST 1 *	9:15am MyMusic (45 min) CD C *	9:30am MyMusic (45 min) CD C *
9:30am Body Sculpt (45 min) ST 1 *	NEW 10:45am BodyPump (45 min) ST 1 *	10:30am Yoga (60 min) MB 2 *	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 *
10:30am Yoga (60 min) MB 2 *	12:00pm Build Your Bones (45 min) ST 1 *	NEW 10:45am MyCycle (45 min) CD C *	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 *
10:45am Cardio Tone (45 min) CD ST 1 *	5:15pm Athletic Step (45 min) CD 1 *	10:45am LaBlast® (45 min) CD 1 *	12:00pm Build Your Bones (45 min) ST 1 *	12:00pm Fit Essentials (45 min) CD ST 1 *	11:00am Aqua Arthritis (45 min) ST P *	NEW 11:00am Aqua Arthritis (45 min) ST P *
NEW 6:00pm MyMusic (45 min) CD C *	6:00pm Flow Yoga (60 min) MB 2 *	12:00pm Joints in Motion (45 min) ST 1 *	NEW 5:15pm Cardio Dance Party (45 min) CD 1 *	12:00pm Fit Essentials (45 min) CD ST 1 *	5:30pm Aqua Arthritis (45 min) ST P *	11:00am Community Tai Chi* (60 min) MB 2 *
6:00pm Yoga (60 min) MB 2 *	6:30pm Aqua Arthritis (45 min) ST P *	6:00pm MyCycle (45 min) CD C *	6:35pm BodyPump™ (45 min) ST 1 *	5:30pm MyMusic (45 min) CD C *	5:30pm Aqua Arthritis (45 min) ST P *	11:30am Body Sculpt (45 min) ST 1 *
6:30pm Kickboxing (45 min) CD 1 *	6:30pm BodyPump™ (60 min) ST 1 *	6:30pm Total Body Barre (45 min) CD ST 1 *	7:35pm Yoga Sculpt (45 min) ST MB 1 *	NEW 5:30pm Flow Yoga (Begins 10/8) (60 min) MB 2 *		
7:30pm Total Body Barre (45 min) CD ST 1 *		7:30pm Zumba® (45 min) CD 1 *				

Class location 1 Studio 1 2 Studio 2 (Yoga) C Cycle Studio P Pool	Class type CD Cardio ST Strength MB Mind/Body
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* **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.