

Indoor Aqua Fitness Schedule



Effective **October 1, 2021**. Visit clubs or go to ColumbiaAssociation.org/fitnessschedules for updated information. Check-in required five minutes before classes. Members must be at least 14 years old to participate in group fitness classes. Members age 11-13 may attend group fitness classes only if they are accompanied by a parent or guardian during the entire class. Space is limited. For aqua spin classes, please bring your own aqua shoes and arrive 10 minutes early for proper bike setup. Name of instructor provided on web site class registration page. Schedule and instructor subject to change without notice. For safety and courtesy, refrain from entering class once it has started. Please be on the pool deck at least two minutes before class or your space may be given away. Questions? Email Group.Fitness@ColumbiaAssociation.org.

* NEW Registration procedures:

All classes require preregistration. Preregister online, in person, or by calling Columbia Gym, 410-531-0800 or Columbia Swim Center, 410-730-7000. **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.

SSC 1Fit and AC 1Fit may register 24 hours in advance for aqua fitness classes at Columbia Gym and Columbia Swim Center. See reopening FAQ's for fitness clubs and aquatics for detailed registration information including information for Play members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am Aqua Combo (45 min) SWC *	NEW LENGTH 8:00am Aqua Combo (55 min) SWC *	8:00am Aqua Combo (45 min) SWC *	NEW LENGTH 8:00am Aqua Combo (55 min) SWC *	8:00am Aqua Combo (45 min) SWC *	NEW 9:00am Aqua Combo (55 min) SWC *	9:00am Aqua Combo (45 min) SWC *
9:30am Aqua Arthritis (45 min) AC *	NEW 9:30am Aqua Fitness (55 min) CG *	NEW LENGTH 9:30am Aqua Fitness (55 min) CG *	9:30am Aqua Arthritis (45 min) AC *	9:30am Aqua Spin (45 min) CG *	NEW 9:30am Aqua Spin (45 min) CG *	NEW 11am Aqua Arthritis (45 min) AC *
9:30am Aqua Spin (45 min) CG *	6:30pm Aqua Arthritis (45 min) AC *	9:30am Aqua Yoga (45 min) AC *	NEW 9:30am Aqua Fusion (45 min) CG *	5:30pm Aqua Arthritis (45 min) AC *	NEW 10:30am Aqua Fitness (45 min) CG *	
NEW LENGTH 6:30pm Aqua Fitness (55 min) CG *	NEW LENGTH 6:30pm Aqua Fitness (55 min) CG *	6:30pm Aqua Spin (45 min) CG *	NEW FORMAT 6:30pm Aqua Fitness (55 min) CG *	6:30pm Aqua Spin (45 min) CG *	11:00am Aqua Arthritis (45 min) AC *	