

Columbia Gym 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
9:30am Aqua Spin (45 min) CD P *	NEW 9:30am Aqua Fitness (55 min) CD ST P *	5:30am BodyPump™ (60 min) ST 1 *	NEW 9:30am Aerial Yoga Intro (65 min) MB 1 * \$	8:00am BodyPump™ (60 min) ST 1 *	7:00am BodyPump™ (60 min) ST 1 *	8:30am Reformer Lvl. 1 (55 min) MB ST PS * \$
9:30am Barre Pilates (45 min) MB ST 3 *	9:30am BodyCombat™ (60 min) CD A *	9:30am Aqua Fitness (55 min) CD ST P *	9:30am Aqua Fusion (45 min) CD ST P *	9:15am Athletic Step (45 min) CD 1 *	8:00am Barre (45 min) ST 3 *	8:30am Yoga (60 min) MB 3 *
9:45am MyCycle (45 min) CD 2 *	9:30am Reformer Lvl. 1/2 (55 min) MB ST PS * \$	9:30am Mat Pilates (45 min) MB ST 1 *	9:30am BodyCombat™ (60 min) CD A *	9:30am Aqua Spin (45 min) CD P *	8:15am BodyCombat™ (45 min) CD A *	9:30am Cardio Dance Party (45 min) CD A *
10:30am BodyPump™ (45 min) ST 1 *	9:45am Zumba® (45 min) CD 1 *	NEW 9:30am Cardio Pop Up (45 min) Strong Nation 10/6 Pound 10/13 Tabata 10/20 Cycle 10/27 CD *	10:45am Flow Yoga (60 min) MB 3 *	9:30am Barre Pilates (45 min) MB ST 3 *	8:30am MyCycle (45 min) CD 2 *	9:45am Flow Yoga (60 min) MB 3 *
10:30am Reformer Lvl. 1 (55 min) MB ST PS * \$	10:45am Yoga (60 min) MB 3 *	10:30am BodyPump™ (45 min) ST 1 *	12:00pm Body Sculpt (45 min) ST 1 *	10:30am Body Sculpt (45 min) ST 1 *	8:45am Intro Reformer (30 min) (last Sat of month) MB ST PS *	10:45am BodyPump™ (60 min) ST 1 *
11:30am Les Mills Core™ (30 min) ST 1 *	12:00pm BodyPump™ (45 min) ST 1 *	10:30am Reformer Lvl. 1 (55 min) MB ST PS * \$	6:00pm Yoga (60 min) MB 3 *	10:30am Reformer Lvl. 1/2 (55 min) MB ST PS * \$	9:15am Les Mills Core™ (30 min) ST 1 *	11:00am Ballet Barre (60 min) CD ST 3 *
5:30pm BodyPump™ (45 min) ST 1 *	5:15pm Reformer Lvl. 2/3 (55 min) MB ST PS * \$	12:00pm MyCycle (45 min) CD 2 *	6:15pm MyCycle (45 min) CD 2 *	6:00pm Yoga (60 min) MB 3 *	9:30am Aqua Spin (45 min) CD P *	
6:00pm Yoga (60 min) MB 3 *	6:00pm Yoga Sculpt (45 min) MB ST 1 *	6:30pm Aqua Fitness (55 min) CD 2 *	6:30pm Aqua Fitness (55 min) CD ST P *	6:30pm Aqua Spin (45 min) CD P *	9:30am Reformer Lvl. 1 (55 min) MB ST 3 * \$	
6:30pm Aqua Fitness (55 min) CD ST P *	6:30pm Aqua Fitness (55 min) CD ST P *	6:30pm Aqua Spin (45 min) CD P *	7:15pm Barre (45 min) ST 3 *	6:30pm Yoga (60 min) MB 3 *	NEW 10:30am Aerial Yoga Intro (65 min) MB 1 * \$	
6:30pm Les Mills Core™ (30 min) ST 1 *	6:45pm LaBlast® (45 min) CD A *	6:30pm Mat Pilates (45 min) MB ST 3 *		6:30pm Aqua Spin (45 min) CD P *	10:30am Aqua Fitness (45 min) CD ST P *	
7:15pm Ballet Barre (45 min) CD ST 3 *	7:00pm BodyCombat™ (45 min) CD 1 *	6:45pm BodyPump™ (45 min) ST 1 *		6:30pm Aqua Spin (45 min) CD P *	10:45am Flow Yoga (30 min) MB 3 *	

*** NEW Registration procedures:**
All classes except those in the arena require preregistration. Preregister online in person, or by calling Columbia Gym, 410-531-0800.
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)
 - 3 Studio 3
 - YA Youth Arena
 - A Adult Arena
 - P Pool
 - PS Pilates Studio
- Class type**
- CD Cardio
 - ST Strength
 - MB Mind/Body