

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

*** 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
- Columbia Association