

CARDIO POP-UP WEDNESDAYS

9:30AM • COLUMBIA GYM

6151 DAYLONG LANE, RIVER HILL VILLAGE CENTER

Join us every Wednesday in October for a new cardio class offering each week. All sessions are 45 minutes unless noted.

Classes are free and open to CA Fit&Play, CG 1 Fit, and Golf Fit&Play members only. Please visit the CA app for class descriptions.

Pre-registration is required via the CA app, by visiting ColumbiaAssociation.org/login or by calling the club at 410-531-0800.

October 6 — Strong Nation *with Colleen*

October 13 — Pound-Rock Out Work Out! *with Brittany*

October 20 — Tabata *with Elyn*

October 27 — MyMusic Cycling *with Anthony*