

Mind Body Fitness Schedule



Updated and effective **January 2, 2022**. **All classes require preregistration** (see box below). Schedule and instructor may change without notice. Class size is limited to allow for physical distancing. Walk-in on a space available basis only; check at the front desk. Reformer registration begins one week prior to class. Members and team members will be asked to clean any equipment used. **Yoga props are provided. Please bring a water bottle.** Please be in the studio two minutes before all other classes or your space may be given away. For safety and courtesy, refrain from entering class once it has started. **If you can't keep your class reservation, please cancel online or call the club as soon as possible.** Advance reservations privileges may be suspended after 3 no shows without cancellation. Questions? Email Group.Fitness@ColumbiaAssociation.org.

*** NEW Registration procedures: All classes require preregistration.** Preregister online, in person, or by calling Columbia Athletic Club, 410-730-6744, Columbia Gym, 410-531-0800 or Supreme Sports Club, 410-381-5355. **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.
\$ Fee based class, purchase class package or drop in class at front desk, Intro Reformer (30 min) for first time participants only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am Mat Pilates AC *	9:30am Reformer Lvl. 1/2 CG *\$	9:30am Mat Pilates CG *	9:30am Aerial Yoga CG *\$	9:30am Barre Pilates CG *	8:45am Intro Reformer CG * (last Sat of month only)	8:30am Reformer Lvl. 1 CG *\$
9:30am Barre Pilates CG *	10:30am Yoga AC *	10:30am Reformer Lvl. 1 CG *\$	10:30am Qigong AC *	9:30am Restorative Yoga SSC *	9:15am Flow Yoga SSC *	8:30am Yoga CG *
9:30am Flow Yoga SSC *	10:45am Yoga CG *	10:30am Yoga AC *	10:30am Yoga SSC *	10:30am Reformer Lvl. 1/2 CG *\$	9:30am Reformer Lvl. 1 CG *\$	9:30am Yoga AC *
10:30am Reformer Lvl.1 CG *\$	NEW 12:00pm Chair Yoga CG *	5:00pm Yoga SSC *	10:45am Flow Yoga CG *	10:30am Yoga AC *	9:30am Yoga AC *	9:45am Flow Yoga CG *
10:30am Yoga AC *	5:15pm Reformer Lvl. 2/3 CG *\$	6:15pm Yoga SSC *	NEW 5:00pm Yoga 101 CG * (1/13 only)	10:30am Yoga AC *	10:45am Restorative Yoga SSC *	11:00am Community Tai Chi AC *
10:45am Flow Yoga SSC *	6:00pm Reformer Lvl. 2/3 CG *\$		NEW 5:45pm FitCore™ Chair Pilates CG *\$ (Begins 1/27)	10:45am Restorative Yoga SSC *	NEW 9:45am Yoga 101 CG * (1/8 only)	9:45am Flow Yoga CG *
6:00pm Yoga AC *	6:00pm Flow Yoga AC *		NEW 5:45pm FitCore™ Chair Pilates CG *\$ (Begins 1/27)	5:30pm Flow Yoga AC *	10:30am Aerial Yoga CG *\$ (1/15 only)	5:30pm Yoga SSC *
6:00pm Yoga CG *	6:00pm Yoga Sculpt CG *		6:00pm Yoga CG *	6:00pm Yoga CG *	10:30am Yoga SSC *	
6:15pm Flow Yoga SSC *	6:15pm Flow Yoga SSC *		7:30pm Yoga Sculpt SSC *		10:30am Yoga SSC *	
NEW 6:30pm FitCore™ Chair Pilates CG *\$ (Begins 1/24)					10:45am Flow Yoga CG *	
NEW 7:30pm Yoga SSC *						