

REMEMBER TO CANCEL YOUR RESERVATION VIA THE APP OR CALL THE CLUB IF YOU CANNOT ATTEND.

# Supreme Sports Club Group Fitness Classes

Updated and effective **January 2, 2022**. **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. **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](mailto: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 *	9:15am BodyPump™ (60 min) ST 1 *
8:00am BodyPump™ (45 min) ST 1 *	9:30am MyRide (45 min) CD 2 *	NEW 9:30am HIIT (45 min) CD ST 1 *	9:30am MyRide (45 min) CD 2 *	6:30am Les Mills Core™ (30 min) ST 1 *	9:15am BodyPump™ (45 min) ST 1 *	9:30am MyCycle (45 min) CD 2 *
9:30am Flow Yoga (60 min) MB Y *	10:45am Body Sculpt (45 min) ST 1 *	10:45am Total Body Barre (45 min) CD ST 1 *	10:30am Yoga (60 min) MB Y *	9:30am BodyPump™ (45 min) 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 Restorative Yoga (60 min) MB Y *	9:30am MyRide (45 min) CD 2 *	NEW 11:30am Strong Nation (45 min) CD ST 1 *
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 *	10:45am Restorative Yoga (60 min) MB Y *	10:15am Body Sculpt (45 min) ST 1 *	5:30pm Yoga (60 min) MB Y *
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 *	NEW 5:45pm MyCycle Strength (45 min) CD ST 2 *	10:45am Total Body Barre (45 min) CD ST 1 *	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 *	5:30pm BodyPump™ (30 min) ST 1 *	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 *	7:00pm Tae Bo® (45 min) CD A *	6:15pm Les Mills Core™ (30 min) ST 1 *	12:00pm Zumba® (45 min) CD A *	
6:00pm Zumba® (45 min) CD A *	NEW 7:00pm Strong Nation (45 min) CD ST A *	7:00pm Body Sculpt (45 min) ST 1 *	7:30pm Yoga Sculpt (45 min) MB ST 1 *			
6:15pm Flow Yoga (60 min) MB Y *	7:30pm BodyPump™ (60 min) ST 1 *					
6:30pm BodyPump™ (45 min) ST 1 *						
NEW 7:30pm Yoga (60 min) MB Y *						

**\* 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
- Yoga Association