

FREE
open to the public

bring a friend!

SATURDAY,
JANUARY
22 &
SUNDAY,
JANUARY
23

New Year

new launch

All three fitness clubs

 **Columbia**
Association

Check out the schedule below and enjoy your favorites or try a new class. Regular registration procedures apply. Preregistration is required as spaces are limited. Non-members may register 24 hours in advance. For more information, email Group.Fitness@ColumbiaAssociation.org.

Columbia Athletic Club

Saturday

BodyPump • 10:30-11:15am

New! Les Mills Core™ • 10:45-11:15am

Sunday

BodyPump • 9:15-10:15am

Columbia Gym

Saturday

BodyPump • 7-8am

New! BodyStep • 8:15-9am

BodyCombat • 8:15-9am

Les Mills Core • 9:15-9:45am

Sunday

New! BodyStep • 8-8:45am

New! FitCore Chair Pilates • 9-9:30am

New! FitCore Chair Pilates • 9:45-10:15am

Pilates Reformer • 9:45-10:15am

Pilates Reformer • 10:30-11am

BodyPump • 10:45-11:30am

Supreme Sports Club

Saturday

BodyPump • 8-9am

BodyPump • 9:15-10am

New! MyCycleStrength • 9:30-10:15am

New! Strong Nation (HIIT)

11:30am-12:15pm

Sunday

BodyPump • 9:15-10:15am

New! MyCycleStrength • 9:30-10:15am

BodyCombat • 10:30-11:15am

New! Strong Nation (HIIT)

11:30am-12:15pm

see reverse
for class
descriptions



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Class descriptions



New! FitCore Chair Pilates

(Columbia Gym only)

Take the ultimate challenge as you sit, squat, stand, lunge, press, push and demand more from every move. Integrate traditional Pilates with fitness and fusion favorites.

Free demos only on 1/23.

Fee based class.

New! MyCycleStrength

(Supreme Sports Club only)

Use light hand weights to sculpt the upper body while pumping your legs and burning tons of calories!

New! Strong Nation (HIIT)

(Supreme Sports Club only)

Stop counting the reps. Start training to the beat. Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move.

New! BodyStep

(Columbia Gym only)

A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises for a fun, uplifting, full-body workout!

Reformer Pilates

(Columbia Gym only)

Lengthen and strengthen your entire body working with spring resistance on a moveable surface. Begin exercises in the horizontal plane to relieve stress and strain on the joints and align the body before adding more gravitational forces while standing, sitting or kneeling.

Free demos only on 1/23.

Fee based class.

BodyCombat

(Columbia Gym and Supreme Sports Club only)

A fun, high energy martial arts class. Learn moves from karate, tae kwon do and boxing with no contact or equipment.

BodyPump

Weight training set to motivating music, using barbells with changeable weights.

Les Mills Core

NOW at all three clubs!

Tighten and tone core muscles and improve functional strength for balance, mobility and injury prevention. Uses body weight, resistance bands and light free weights.