

SPRING POP-UP SERIES

FRIDAYS & SATURDAYS

AT ALL THREE FITNESS CLUBS

Rev up your workout and sample some new and exciting fitness classes! **Classes are free and open to the public.** Registration begins seven days in advance of class.

COLUMBIA GYM

410-531-0800
6151 Day Long Lane

Saturday, March 19
11:45am • Adult Arena

LES MILLS MASHUP

enjoy a little bit of Body Combat, Body Attack, Sh'bam, and Body Flow for a full fun cardio mix up!

Friday, May 6
6:30pm • Outside

MOTHER'S DAY LINE DANCING

COLUMBIA ATHLETIC CLUB

410-730-6744
5435 Beaverkill Road

Friday, April 8
6:30pm • Studio 1

LABLAST Guest instructor

Friday, April 22
6:30pm • Studio 1

NIA
Guest instructor
A holistic movement and wellness practice addressing each aspect of mind, body, and soul.

SUPREME SPORTS CLUB

410-381-5355
7080 Deepage Drive

Saturday, April 30
9:30am • Outside

TRIBE TRIPLE TAKE

Combine functional exercises that will target the core, improve conditioning, and increase strength and mobility all while torching calories!

Saturday, May 14
9:30am • Outside

POUND
Combines cardio, strength, and pilates inspired movements to upbeat music. Use lightly weighted drumsticks for more fun and play while you workout!

Saturday, May 21
9:30am • Outside

**ZUMBA WITH
SOUND OFF**
Mix the fun of the Zumba you love while using state of the art equipment for a completely immersive music experience.

Members can register online, on the app or by calling the club. Non-members can register by calling the club.

*Schedules are subject to change.