

FUN & RAFFLES



bring a friend!



SATURDAY,
OCTOBER

15

CA LAUNCH

New! Les Mills choreography
and Cycle FTP Testing

Columbia Athletic Club

Les Mills Core • 9:50am
BodyPump • 10:30am

Columbia Gym

BodyPump • 7:00am
BodyStep • 8:15am
Les Mills Core • 9:15am

Supreme Sports Club

BodyPump • 8:00am
BodyPump • 9:15am
NEW! MyRide Quarterly FTP • 9:30am
BodyCombat 10:30am

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.

